

# MEET INFORMATION



Southwest Regional Open & Masters  
Championship  
25 July 2009

Bernie Moore Stadium, LSU  
Baton Rouge, LA

## 2009 USATF SOUTHERN ASSOCIATION MASTER'S SCHEDULE

Date	Event	Target	Meet Director	Location
1-Mar-2009	Greater New Orleans Games Track & Field District meet	Masters		
7-Mar-2008	USATF Southwest Regional Indoor Championship	Open, Masters	Masters Chair	LSU, Baton Rouge, LA
20-22 Mar-2009	USATF National Masters Indoor T&F Championship	Open, Masters		Landover, Maryland
27-28 March 2009	Tiger Relays	Youth/Open/Masters	Todd Lane	LSU, Baton Rouge, LA
10-11 April 2009	Pelican Relays	Youth/Open/Masters	Greg Thompson	Southern University, Baton Rouge, LA
14-Apr-2009	Bayou River Senior Games Track & Field District Meet	Masters/Seniors	Bill Rodd	
18-Apr-2009	Acadiana Senior Olympic District Track & Field meet	Masters/Seniors	Jody Thibodeaux	ULL, Lafayette, LA
16-May-2009	Central Senior Games District Track & Field meet	Masters/Seniors	Janita Vanderhoeven	
16-May-2009	Northwest Senior Games District Track & Field meet	Masters/Seniors	Doyle Blasingame	
30-May-2009	Southeast Senior Games District Track & Field meet	Masters/Seniors	Jeremy Theriot or Christy Sternitzky	Baton Rouge, LA
13-Jun-2009	Southern Association Championship	Youth/Open/Masters	Association Youth/Master Chair	Alexandria, LA
20-Jun-2009	South Zone Championship/Southern Association Masters Championship	Open/Masters	Byron Turner	Southern University, Baton Rouge, LA
9 -12 Jul 2009	USATF National Masters Outdoor T&F Championship	Masters/Seniors	National Masters Chair	
25 July 2009	USATF Southwest Regional Masters Outdoor T&F Championship	Masters/Seniors	Byron Turner	LSU, Baton Rouge, LA
September	Last Chance Meet	Masters/Seniors	TBD	TBD
October	Louisiana Senior Games	Seniors	TBD	TBD

## ENTRY INFORMATION AND INSTRUCTION

### **Entry Procedure**

1. All entries will be done electronically through [www.usatfsouthern.org](http://www.usatfsouthern.org) or by using the registration form included.
2. Entry Deadline is **July 23rd** Entries may be made as early as **Sunday, May 10<sup>th</sup>**. You may make changes as often as you wish until the entry deadline.
3. No Faxed, mailed or phoned entries will be accepted after the deadline

### **Entry Fees**

1. Entry fees are **\$15.00** per athlete and **\$5** per event.
2. Late registration: **\$25.00** per athlete and **\$10** per event.
3. Relay teams are **\$20.00** per relay.
4. Payment will be made online through our registration system or via check made out to **USATF Southern**.
5. Certified officials whom come to work the meet, entry fee is **free** with Officials ID.

### **TEAM PACKET PICKUP**

Coaches can pick up their team's meet packet at check in area identified in front of stadium beginning 1 hour prior to the first event.

### **UNATTACHED PACKET PICKUP**

Unattached athletes can pick up their packet at check in area identified in front of stadium 1 hour prior to the first event and will continue throughout the day.

### **MEET PACKETS**

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers.

### **MEET ADMISSION**

General Public Admission cost is **FREE!!!!**

### **AWARDS**

Awards will be presented for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishes in each age group of each event. This meet will also be scored and a 1<sup>st</sup> and 2<sup>nd</sup> place team award will also be awarded. Scoring will only be for Master Athletes. No Open event will be scored.

### **MASTER EVENTS BEING CONTESTED**

5000m Run	300m Hurdle	Discus
1500m Run	400m Hurdle	High Jump
80m Hurdles	Race Walk	Weight Throw
100m Hurdles	Long Jump	Weight Pentathlons
110m Hurdles	Pole Vault	4x100 Relay
100m Dash	Hammer	4x400 Relay
400m Dash	Javelin	4x800 Relay
200m Dash	Shot Put	
800m Run	Triple Jump	

## HOST HOTEL

Courtyard Baton Rouge Acadian Center  
2421 South Acadian Thruway  
Baton Rouge, LA 70808  
Phone: 225-924-6400  
Price: \$92.00

Block of rooms are reserved for July 24<sup>th</sup> and July 25<sup>th</sup>.

## DIRECTION

### **Coming from West on Interstate 10:**

Take I-10 to the Nicholson Drive/Highland Road exit (Exit 155A). Keep right and turn right onto Terrace Street. Turn left onto Nicholson Drive and proceed 1.8 miles until reaching Skip Bertman Drive. Turn left and park next to Tiger Stadium. Alex Box Stadium is located just to the west and across Nicholson Drive from Tiger Stadium.

### **Coming from East on Interstate 10:**

1) Take I-10 to Highland Road (La. 42, exit 166). Turn left onto Highland Road and proceed 10.5 miles until reaching Nicholson Drive Extension. Drive 0.9 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.

or

2) Take I-10 to Acadian Thruway (La. 427, exit 157B). Turn left onto Acadian Thwy. and proceed 2.0 miles until reaching Highland Rd. (note that Acadian becomes Stanford Ave. and then LSU Ave.). Turn right onto Highland Road and proceed 0.4 miles until reaching Nicholson Drive (La. 30). Turn right onto Nicholson Drive and proceed 0.3 miles until reaching North Stadium Drive. Just past North Stadium Drive (and Tiger Stadium), you will see Bernie Moore Track Stadium. Turn right and park in front of Bernie Moore Stadium, or if necessary, return to Tiger Stadium for parking.

## Meet Schedule

### Running Event Finals

8:30 am	5000 Meter Run	
9:00 am	300 Meter Hurdles	MW (60-Up), MM (70-Up) (27")
	300 Meter Hurdles	MW (50-59), MM (60-69) (30")
	400 Meter Hurdles	MM (30-39), OM (36")
	400 Meter Hurdles	MM (50-59) (33")
	400 Meter Hurdles	MW (30-49), OW (30")
9:15 am	400 Meter Dash	
9:30 am	4x100 Relay	
9:45 am	3000 Meter/1500 Meter Race Walk	
10:15 am	100 Meter Dash	
10:30 am	800 Meter Run	
10:45 am	80 Meter Hurdles	MM (70-79) (30"); MM (80-UP) (27")
	80 Meter Hurdles	MW (40-99) (30"); MW (50-59) (27")
	100 Meter Hurdles	MM (60-69) (33")
	100 Meter Hurdles	MM (50-59) (36")
	100 Meter Hurdles	MW (30-39), OW (33")
	110 Meter Hurdles	MM (30-49), OM (39")
11:00 am	4x800 Meter Relay	
11:15 am	200 Meter Dash	
11:30 am	1500 Meter Run	
12:00 pm	4x400 Meter Relay	

**All events will follow age group order with all women age groups competing prior to men, beginning with the oldest participant's age group down to open.**

**All running events will be finals with heats against times.**

**If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.**

## **Field Event Preliminaries/Finals**

<b>8:00 AM</b>	<b>Hammer</b>		Women/Men
<b>9:00 AM</b>	<b>Long Jump</b>	<i>Pit A</i>	All Women
	<b>Long Jump</b>	<i>Pit B</i>	All Men
	<b>Pole Vault</b>		Men
	<b>High Jump</b>		Women
	<b>Shot Put</b>		Women/Men
<b>10:30 AM</b>	<b>Triple Jump</b>	<i>Pit A</i>	All Women
	<b>Triple Jump</b>	<i>Pit B</i>	All Men
	<b>Pole Vault</b>		Women
	<b>High Jump</b>		Men
	<b>Discus</b>		Women/Men
<b>12:00 PM</b>	<b>Javelin</b>		Women/Men
<b>1:30 PM</b>	<b>Weight Throw</b>		Women/Men

**All events will follow age group order with all women age groups competing prior to men, beginning with the oldest participant's age group down to open.**

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**Field Events will be contested as follows:**

- **Each entry will have 3 attempts in preliminaries exception of high jumps and pole vaults. There completion rules apply.**
- **Top 10 advance to finals**
- **Once in final, 3 more attempts will be granted.**
- **If less than 10 entries per age group, then all entries with a successful mark will be advanced to the final. They will be reordered based on current place in the completion taken from prelim marks.**
- **Entering all five throws automatically enters you in a Weight Pentathlon.**

**USATF Southwest Regional Master's  
Track and Field Championships  
Saturday, July 25<sup>th</sup>**

**Bernie Moore Stadium, LSU  
Baton Rouge, LA**

**Registration form**

Entry fees: \$15 per athlete plus \$5 per events, Relays entries are \$20 per team. Relays will be declared 1 hour prior to the meet and payment collected at that time.

Onsite Registration: \$25 per athlete plus \$10 per event.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT 9:00AM on July 22, 2008

USATF cards are required and must be obtain prior to July 22<sup>nd</sup>.

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age on 7/25/09 \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ USATF#: \_\_\_\_\_

I hereby agree to release and discharge Southern Association of USATF and Louisiana State University, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Circle the events you want to enter and your best performance (if any) in this year:**

Discus _____	Discus _____	5000M _____	80/100/110 HH _____
Shot Put _____	Hammer _____	1500M _____	300/400 IH _____
Javelin _____	Weight _____	800M _____	4x100 Relay _____
Long Jump _____	Pole Vault _____	400M _____	4x400 Relay _____
Triple Jump _____	3000 RW _____	200M _____	4x800 Relay _____
High Jump _____	1500 RW _____	100M _____	

By entering all five throws automatically enters you in a weight pentathlon

**Make checks payable to USATF Southern**

**Mail entry to:**

USATF Southern Association  
Attn: Byron Turner  
Post Office Box 4695  
Baton Rouge, LA 70821