

2021 LHSAA District 6-1A Track Championship
Presented by Southern University Laboratory School
Broadmoor High School 10100 Goodwood Blvd. 70815
Tuesday, April 20, 2021
Admission Fee: \$8.00 for Adults/\$5.00 for school age

ENTRIES: MileSplit will be the exclusive registration platform for the LHSAA for all regular season qualifying meets and postseason meets. Visit Milesplit.com to claim your team, update your roster, and register for the LHSAA District Meet. Follow instructions for registration here:

<https://docs.google.com/document/d/1sI0Oy-Ouj3xzwvOYOiIJCsaIXFEV3ub1uHGbjYGM6M/edit>

ATTENTION: Coaches Meeting at 3:00pm Prior to Event Start!!!!

COACHES INFO:	<ol style="list-style-type: none"> 1. REGISTRATION FEE: \$100/TEAM contact Shevonne Cupil at Shevonne_Cupil@sulabschool.com 2. THERE WILL BE NO SCRATCH MEETING!!!! No changes will be made after the deadline of April 18th at MIDNIGHT. Pick up your team's packet at the track and field shed near the finish line. Flight/Heat Sheets will be included in the packet Athletic Trainer will be on site. FACE COVERINGS ARE REQUIRED UNLESS COMPETING Make sure to bring your own starter blocks and other equipment
----------------------	---

FIELD EVENTS:	3:30 PM (3 Throws/Jumps-No Finals) Time Schedule will be rolling
RUNNING EVENTS:	4:00 PM-4 x 800 RELAY 5:30 PM-4 x 200 RELAY
ATHLETES:	<ol style="list-style-type: none"> Warm-up is permitted on the track after the 4 x 800m Relay. The track is closed 10 min prior to the 4 x 200m Relay. Spikes/blocks-¼ pyramid spikes only Concessions will be available

SCORING: 10-8-6-4-2-1 (ALL EVENTS) Results-Live on Adkins Trak/After meet at Athletic.net

Facilities:	<ul style="list-style-type: none"> • Eight 42-inch lanes around the track All-weather Track • One long/triple jumps pit with a minimum 125-foot runway and 9x20 landing area • Pole vault plant boxes with minimum 135-foot runways • HJ Pit on the South end of the track. • Throws will be conducted outside the stadium on the field visitor side. • 1/4-inch pyramid spikes only (strictly enforced) • Team area on the visitor side and grass area next to visitor side bleachers
--------------------	---

3:30 pm Jumps

High Jump Boys/ Girls to follow

Long Jump-Girls/Boys
Triple Jump Girls/ Boys

Pole Vault - Girls/ Boys

ASSIGNED SCHOOL(S)**Central Private Coaches****Thrive Academy Coaches****TBD****Throws 3:30 pm**

Shot Put - Girls/ Boys

Discus to follow Shot- Boys/Girls

Javelin - Boys/Girls

ASSIGNED SCHOOL(S)**False River Academy Coaches****Southern Lab Coaches****Slaughter Community Charter Coaches**

(4 x 800m Relay) @ 4:00 pm

Running Events: Starting at 5:30 pm

4 x 200m Relay

1600m Run

100m/110m Hurdles

100m Dash

800 Run

4 x 100m Relay

400m Dash

300m Hurdles

200m Dash

3200m Run

4 x 400m Relay

Exchange Zones:	4x200m Relay	1st EXCHANGE-GREEN TO GREEN 2nd EXCHANGE-GREEN TO GREEN 3rd EXCHANGE-GOLD TO GOLD
	4x100m Relay	ALL EXCHANGES-GOLD TO GOLD
	4x400m Relay	BLUE TO BLUE

Meet Contact:	Mark Perry - Ph. 225-572-8891 - Email: mark_perry@sulabschool.com
----------------------	---