

District 6 - 4A Boys' and Girls' Track and Field CHAMPIONSHIP GUIDE for Coaches Wednesday, April 23rd , 2025, West Feliciana High School

District Meet Directors: Hatem "Hat" Bachar (225) 802-4232 and Preston King (225) 721-3098

Date: Wednesday, April 23rd , 2025

ENTRY DEADLINE: MONDAY APRIL 21st , 2025 at 11:59 PM

Pick-Up: Packet Pick-up/Pay Entry Fees @ the Shed by the visiting side pavilion, **starting @ 11:30**. The packet will contain heat sheets, relay cards, time schedule, protest forms, and appeals forms.

Entries: The MileSplit platform shall be utilized as the official registration platform of the LHSAA postseason. The District, Regional and State Meets on MileSplit are connected through a championship platform so that when the results are uploaded, MileSplit administrators can auto-advance the qualifiers from District to Regional and Regional to State for those respective classifications. Therefore, all entries will take place on the Milesplit platform. Please visit www.la.milesplit.com to enter your athletes, set relay legs as desired, and scratch athletes. Only verified performances will be accepted. Meet management has full authority to decide on what marks will be accepted if not verified. Unverified marks will revert to NT or NH and seeded as such.

Relay Changes : After the district qualifiers have been advanced from the district meet to the regional meet on the MileSplit platform, all relay alternate changes will be updated by the qualifying coaches on the MileSplit platform in the regional meet. District meet directors shall not upload relay changes in the district results on MileSplit. The district meet results should reflect who actually participated. Relay changes after the conclusion on the regional meets will be made in the corresponding state platform as well.

Relay teams Substitutions shall be made on MileSplit platform by 12 noon 2 days prior to the Regional Meet and by 12 noon on the Tuesday before the State Meet.

It is the school's responsibility to notify alternate qualifiers and the meet directors of the regional or state meet if their participant decides not to participate in the higher meet. **Scratches for the regional meet must be made by 11:59pm Monday, April 28th , 2025.** It is the responsibility of the coach to notify the alternate's coach of the scratch. No alternate will be added if the scratch is made after the 12:00pm deadline. Both the alternate participant and the regional or state meet director should be notified by 12:00 that deadline.

Field Events: 1:30 pm (Schedule Attached)

Track Events: 4:30 pm **ONLY IF ALL FIELD EVENTS ARE DONE!!** (Schedule Attached)

Alternate Date: (In case of inclement weather) Thursday, April 24th, 2025 @ WFHS.

Team Entry Fees: \$10 per athlete up to a maximum of \$75.00 per team, per gender. (School maximum, \$150.00) Make checks payable to: **WFHS**

No check-No packet-No Exceptions – CASH ACCEPTED with receipt.

Awards: Team championship and runner-up trophies. Individual medals will be awarded to the top 3 finishers in each event. Also: Boys' and Girls' awards (**No duplicate awards**):

- 1) Most Valuable Track- based on total points (including ¼ relay points)
- 2) Most Valuable Field- based on total points
- 3) Outstanding Performer or Performance- nominated/voted by coaches

Meet Officials: WFHS will provide Meet Management, Timing and officials.

Jury of Appeals: Will hear appeals regarding **MISAPPLICATION OF RULES** by Referees with a majority vote using National Federation/LHSAA Rules.

- Walt Lemoine – Brusly
- Nick Smith – CHPC
- Ricky Grant –Retired

Protests/Appeals: When protesting or appealing, cite rule and page number and why referee's decision was a misapplication of the rule used in the decision. Protests must be filed within 30 minutes of results being announced.

Bus Parking: Parking in the Gravel lot across from the stadium

Event Rules:

- No preliminaries conducted in track events. All track events are finals.
- Top 4 finishers qualify for the regional meet; 5th place will be alternate. All 4th and 5th place ties to decide regional qualifier/alternates must be broken by federation rules. (15 minutes after the meet)
- Dashes – two heats against time. **Based on best VERIFIED season time!!!!***Slowest to Fastest*****
- Heats 8/8. The 1st tie breaker will be district placing, the 2nd tie breaker will be coin flip. Lane preferences will be 4-5-3-6-2-7-1-8
- 1600 and 3200 meter runs – Waterfall: one heat each, seeded inside out, until lane 8, and then stacked 1B, 2B, 3B, 4B.
- 800 meters (one-turn stagger, two heats)
- 4 x 400 relay (three-turn stagger – seeded by best season time)

TEAM AREA

A grass lot to the immediate left after you enter the Stadium has been reserved and designated as the Team areas; we ask that your team remain in this area unless they are competing or warming-up to compete. The check-in entrance will be next to this area.

Warm-Up Areas: Warm-ups will be on the track during the field events ONLY. When an athlete finishes his/her event, we ask that he/she returns to the team area. Only coaches will be allowed on the infield during the events. We ask that you help us enforce this rule to facilitate the timing crew's job

Staging Area: There will be two calls, the 1st call will be 15 minutes before the event, the 2nd call will be five minutes before the event. Running athletes are to report to the staging area. The staging area will be located near the teams' area. Field event athletes are to report to the field area to check in.

Shoes/Uniforms: ¼ pyramid spikes ONLY - NO NEEDLE SPIKES – LHSAA uniform rules will be enforced.

Throwing Areas: The throwing areas are concrete, so rubber soled shoes should be worn. The Javelin throwing surfaces also requires spikes no longer than ¼".

Spectator Admission: \$10.00 Adults & Students - 5 yrs. and under - NO CHARGE.

Field Events: One flight per event, lowest mark to highest mark in throws/horizontal jumps.
Top seven (7) to finals.

Weigh-in: Starting at 11:30 am right by the shed by the field events area. Items passing will be coded. Implements failing inspection will be impounded until after the event is complete. Note: Most rubber discus and broken javelin implements will likely fail weigh-in size requirements.

Pole-Vaulters: Weight rules will be enforced. Pole Vault Verification forms must be signed by principal and submitted prior to athlete participation. Remember to pick up your verification sheets at the conclusion of the event. WFHS cannot be responsible for any forms that are not picked up.

Blocks: **WFHS WILL PROVIDE BLOCKS, DO NOT BRING ANY TO THE STADIUM.**

Field Event Competitors - Multiple events going on at the same time - NFHS Rule

Competitors may compete out of order in preliminaries, but must compete in exact order in finals. Check-in with head officials for preliminary round instructions.

Start Lists & Results: Start lists will be available in packets. Live results will be available online throughout the meet, and will be posted on Athletic.net (will be able to view results live with QR code).

Relay cards: All DISTRICT MEET relay teams shall submit relay cards at clerk's check-in. Alternates must be listed as entered online or they may not compete.

Athlete Check-In:

Running: Athletes must check in two events prior to their event at the Clerk of Course.

Field: Athletes must check in no later than 20 minutes prior to the start of their event with the Head Judge of that event at the event site.

Relays: Relay teams should check in two events prior to their event at the clerk of course and have official relay cards filled out.

Important Information

1. Exchange Zones:
*4x200M Relay 1st and 2nd Exchange Green to Green, 3rd Exchange Yellow to Yellow;
4x100M Relay Yellow to Yellow;
4x400M Relay 3-Turn Stagger, Red to Red*
2. *We have 30 Meter exchange zones already marked for 4x100 and 4x200*
3. Concessions: A concession stand will be provided, as well as restrooms. A hospitality room will be provided for coaches and workers.
4. No food or drinks will be allowed into the stadium. No sunflower seeds or chewing gum allowed on the field.
5. **DO NOT SCRATCH THE TRACK FOR YOUR MARKS OR USE MARKERS!!!! (PLEASE USE ATHLETIC TAPE)**
6. West Feliciana High School will have athletic trainers available and are ready to assist with any injuries that may occur.

Time Schedule

Athletes are expected to report to the Clerk of Course/Official during the check-in time frame stated above, or they will be scratched. It will be the coaches' and athletes' responsibility to report there on time. If entered in multiple field events or a field event that overlaps a running event for any reason, LHSAA and NFHS rules will prevail for reporting to each venue. Athletes MUST inform all affected head field event officials if that situation exists and receive instructions.

11:30 am Pick- Up Packet/Pay Entry Fee by The back Shed

12:00 pm - 1:00 pm Implement weigh-in **12:00 Coaches Meeting at the Shed**

FIELD EVENTS

<u>Time</u>	<u>Girls</u>	<u>Boys</u>
1:30 pm	Shot Put - Long Jump - Pole Vault Javelin	Discus - Long Jump
2:00 pm	High Jump	
3:00 pm	Discus - Triple Jump	Shot Put - Pole Vault - Javelin Triple Jump
3:30 pm		High Jump

4:30pm **RUNNING EVENTS:** Girls followed by Boys (**provided all field events are completed**)

4:30	4 X 800 Relay (Girls/Boys)
5:00	100M/110M Hurdles (Girls/Boys)
5:15	100M Dash (Girls/Boys)
5:30	4x200 Relay (Girls/Boys) Green to Green, Anchor - Yellow
5:45	1600M Run (Girls/Boys) Waterfall
6:00	4x100M Relay (Girls/Boys) Yellow to Yellow
6:15	400M Dash (Girls/Boys)
6:30	300M Hurdles (Girls/Boys)
6:45	800M Run (Girls/Boys) 1-Turn Stagger
7:00	200M Dash (Girls/Boys)
7:15	3200M Run (Girls/Boys) Waterfall
8:00	4x400M Relay (Girls/Boys) 3-Turn - Red to Red

Awards Presentation: (*Girls followed by Boys*) Outstanding Performer or Performance, MVP Track, MVP Field, & Team. Pick up individual awards at awards table on the field after the meet.