

Coaches:

We are pleased to invite your teams to participate in the 2026 District 8-4A Championship Track & Field Meet. The District Championship will be held **Thursday, April 23 at E.D White Catholic High School.**

Please note the following guidelines and time schedule regarding the meet:

Entry Fee

- The cost of entry is \$150.00 per school.
- Please make checks out to **E.D. White Catholic High School.**

Registration

- Event entries will be submitted through MileSplit. Link to meet page: <https://la.milesplit.com/meets/718019-lhsaa-4a-district-8-2026>.
- All competitors must be registered with the LHSAA and on MileSplit to compete in the meet.
- **Online registration will close Wednesday, April 22, at Noon.**
- **There will be no scratches / additions / changes allowed the day of the meet.**

Meet Timer / Scoring

- Meet timing and scoring through Chipped Timing.
- Live results can be viewed at www.chippedtiming.com

Awards

- Trophies will be given to the first place and second place teams in each division.
- Plaques will be given to the Most Valuable Field Athlete and Most Valuable Track Athlete in each division based on points scored.
- Medals will be given out for 1st, 2nd, and 3rd place finish in each event at the conclusion of the meet.

Spectator Admission Fee

- Admission is \$10 for Adults, \$5 for students.
- Cash / credit card / digital payment accepted.

Concessions

- Candy, chips, water, soft drinks, and Gatorade
- The concession stand is cash only.
- Our parents will serve fried fish and french fries in adherence with the season of Lent.
- All coaches will receive a ticket to redeem for a coach's meal, drink, and chips/candy.

Sincerely,

Jordan Reed

Head Coach Track & Field / XC

E.D. White Catholic High School

(985)859-0380 jreed@htdiocese.org

Parking

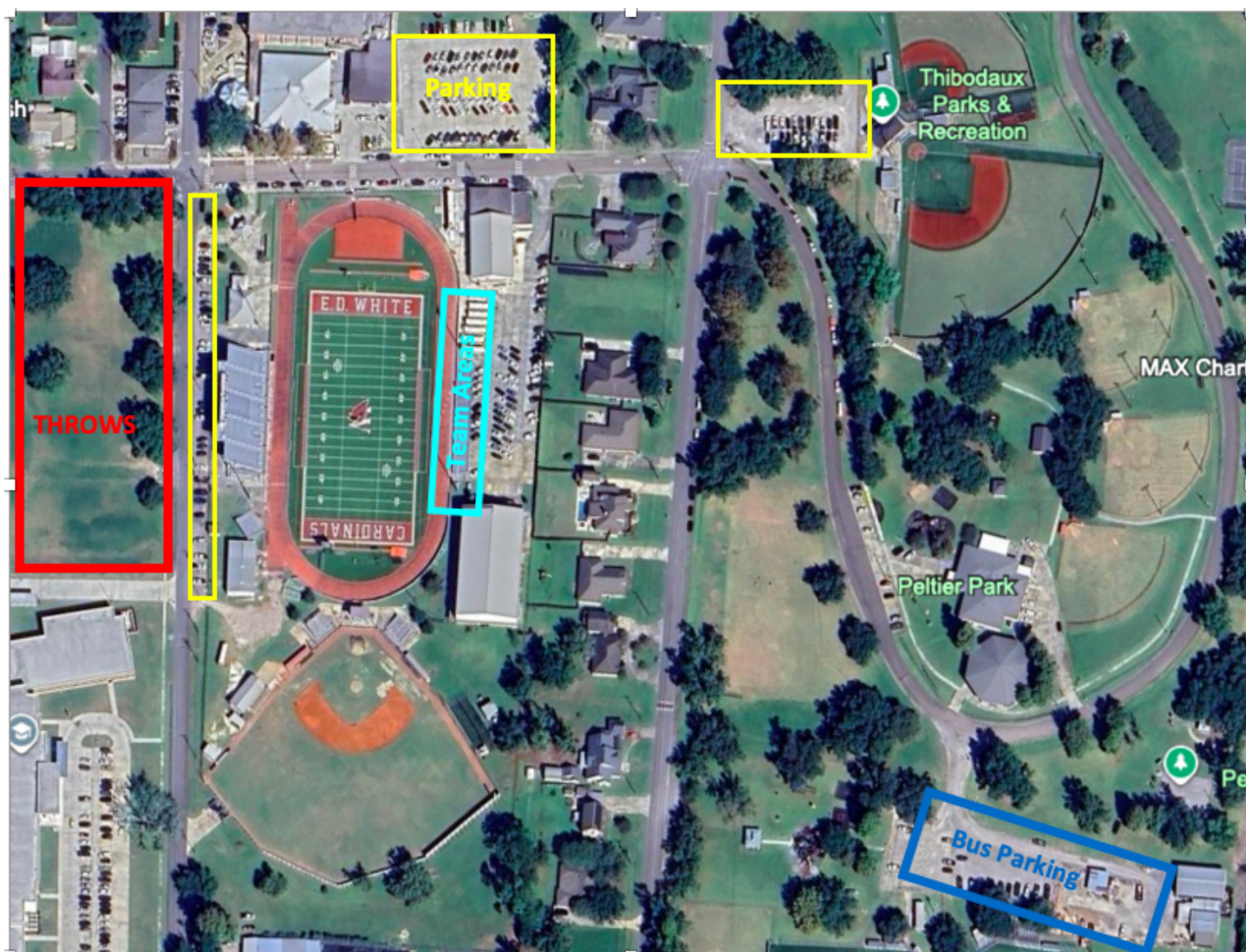
- Buses can drop off teams at the main track entrance on East 7th Street. Buses should park in the back parking lot of Peltier Park, indicated on the map.
- Spectators can park in the lots marked in yellow on the map.

Team Areas

- Team areas and tents should be set up in the bleachers on the Away Team side of the stadium.
- At the completion of the field events, all athletes must be in their team area.
- During the running events, athletes may use the turf field for warmups. No athlete should be on the field unless warming up for a called event.

Throws Area

- The Shot Put, Discus, and Javelin events will be held in Luke Ford Field, marked in red on the map.
- We have a track surface for the discus runway. Only javelin spikes and athletic tennis shoes are allowed. No football / soccer cleats.



**District 8-4A
Time Schedule
04/23/2026**

1:00pm – Packet Pickup / Implement Weigh-in Behind Band Room

Field Events: Long Jump and Triple jump will have 3 preliminary/final jumps, top 7 advance to final.

Shot put, discus, and javelin will have 3 preliminary/final throws, top 7 advance to final.

2:30pm	BOYS DISCUS	GIRLS JAVELIN
	BOYS HIGH JUMP	GIRLS LONG JUMP
		GIRLS POLE VAULT

3:15pm	BOYS JAVELIN	GIRLS SHOT PUT
	BOYS LONG JUMP	GIRLS HIGH JUMP
	BOYS POLE VAULT	

4:00pm	BOYS SHOT PUT	GIRLS DISCUS
	BOYS TRIPLE JUMP	GIRLS TRIPLE JUMP

4:45pm E.D. White Team Sr. Recognition

5:00pm **RUNNING EVENTS (GIRLS THEN BOYS)**

****Running events will not begin until all field events are completed****

5:00pm	4 x 800m Relay
5:25pm	100m/110m Hurdles
5:40pm	100m Dash
5:50pm	4 x 200m Relay
6:00pm	1600m Run
6:20pm	4 x 100m Relay
6:30pm	400m Dash
6:40pm	300m Hurdles
7:00pm	800m Run
7:15pm	200m Dash
7:25pm	3200m Run
7:55pm	4 x 400m Relay

Individual Scoring: 10,8,6,4,2,1 Relay Scoring: 10,8,6,4,2,1

Relay Exchanges

4 x 800m Relay: 1 Turn Stagger. All exchanges Dotted Blue to Dotted Blue

4 x 200m Relay: 1st Green to Green / 2nd Green to Green / 3rd Gold to Gold

4 x 100m Relay: All exchanges Gold to Gold

4 x 400m Relay: 3 Turn Stagger. 1st Blue to Blue / 2nd and 3rd Dotted Blue to Dotted Blue