



2026 LHSAA 5A- Region 2 Championship
Zachary High School

Wednesday, April 29, 2026

(Thursday, April 30, 2026, bad weather alternative)

Dear Coaches:

Zachary High School is pleased to host the 2026 LHSAA 5A-Region 2 Championship. The Regional Championship will be conducted according to the National Federation edition of Track and Field Rules, 2026 and Section 23 Track Rules of the LHSAA Handbook.

ENTRIES: MileSplit will populate entries based on District Meet results. There will be no scratch meeting for the Regional Meet. Coaches can edit relays in MileSplit. Edits are due by 12:00 NOON, 2 days prior to the Regional Meet.

INCLEMENT WEATHER: In the event of inclement or threatening weather, please call Chris Carrier (225-658-7337).

DROPOUTS: It is the school's responsibility to notify alternate qualifiers and the Regional Meet Director, if their participant decides not to participate in the Regional Meet. Both the alternate participant and the Regional Meet Director shall be notified by 12:00 NOON, 2 days prior to the Regional Meet.

ALTERNATES: 5th place finishers in each event at all District Meets will be alternates to the Regional Meet. (6th place finishers are not eligible alternates).

STARTING HEIGHTS: Starting Heights will be determined at the start of the event and will be determined depending on field performances and marks submitted.

INCLEMENT WEATHER: In the event of inclement or threatening weather, please call Chris Carrier (225-658-7337).

MEET ENTRY FEE: Meet entry is \$100/team or \$10/athlete if less than 10 total athletes. Boys and Girls count as separate teams. Make checks payable to **Zachary High School**.

TICKETS: Admission will be \$12/spectator, 5 years old and under are free. Zachary High School is a cashless venue. Tickets can be purchased ahead of time through [i2Tickets](#), or at the entrance gate.

CLEAR BAG POLICY: ZHS adheres to a clear bag policy for all spectators upon entry to the ZHS stadium. Spectator bags must be clear. An exception to this policy applies to athletes/coaches only. Athletes/Coaches are permitted to bring non-clear bags.

CONCESSIONS: No outside food or drinks will be allowed entry by spectators into the stadium. Concessions will be sold and are CASHLESS. A hospitality room will be available for coaches.

SCHOOL BUS PARKING: School buses are asked to drop-off at the home entrance and park in the back along the home side Stadium parking lot. Zachary High School releases students at 2:17 PM. Be mindful of school traffic when arriving at the school.

TRACK FACILITIES: The track is located behind Zachary High School. The 8-lane track, runways, and jumping areas are all-weather surfaces. Only ¼” pyramid spikes, tape, and ZHS blocks permitted. No chalk or tennis balls.

THROWING FACILITIES: The throwing areas are concrete. No spikes in the concrete rings, rubber-soled shoes only. Javelin thrown off grass, spikes permitted.

JUMP FACILITIES: All-weather track at the high jump apron and long jump/triple jump runways. ¼ “pyramid spikes and tape only. Do not run backwards, or in the opposite direction (non-legal direction, on a horizontal jump, pole vault or javelin runway.

PACKET PICK-UP: Available @ 1:00 PM in the Hospitality Room, ZHS Athletic Center, 2nd Floor, Conference Room. Athlete and coach wristbands are included in the packet and to be worn throughout the Regional Championship.

TEAM AREAS: The team area is in/under the visitor bleachers; we ask that your team remain in this area unless they are competing or warming up.

IMPLEMENT WEIGH-IN: Inspections will be held in the Freshman Football building at the Northeast end of the Track, Noon – 1:00 PM. Implements will be transported prior to the scheduled start of competition.

ATHLETE CHECK-IN: Field event athletes check-in at the jumping/throwing areas 30 minutes prior. There will be two calls before the event, the 1st call will be ~ 15 minutes before the event, the 2nd/final call will be ~5 minutes before the event. Top 7 marks will advance to finals. Running event athletes check-in before the start of the preceding running event at the Clerk of Course for heat/lane assignments and hip numbers. There will be two calls before the event, the 1st call will be ~ 15 minutes before the event, the 2nd/final call will be ~5 minutes before the event. The Clerk of Course is located on the football field.

WARM-UP AREA: Warm-ups will be on the track or infield during the field events. Once the running events begin, all warm-ups are done on the turf infield. When an athlete finishes their event, we ask that the athlete return to the team area. Only coaches are allowed on the infield during the events. Please help us enforce the rule, especially keeping people off the PV/HJ mats.

POLE VAULT CERTIFICATION: Pole vault athletes will need to bring the LHSAA approved Pole Vaulters’ Weight Verification Form signed by the coach, athletic director, and the principal and provided to the officials at the Pole Vault event area. Use separate forms for separate genders.

AWARDS: Medals awarded for 1st - 3rd place, trophies awarded to the team champion boys/girls and team runner-up boys/girls, outstanding field boys/girls and outstanding track boys/girls.

TIMER: The meet will be FAT and timed by AdkinsTrak Timing Associates.

SPORTS MEDICINE: Trainers will be available at the west end of the Athletic Center for emergencies only. Water will be available for athletes.

JURY OF APPEALS: Head Meet Official, Boo Schexnayder, plus Pete Boudreaux and Ricky Grant.

LHSAA 5A-REGION 2 MEET SCHEDULE

FIELD EVENTS: Start at 1:30 PM 3 Jumps, Top 7 marks advance to Finals, 3 Jumps-Finals 30-minute warm-up prior to the start of competition. There will be a 10-minute warm-up before Finals.

Pole Vault – Girls followed by Boys

Shot Put – Girls followed by Boys

Javelin – Boys followed by Girls

Long Jump – Girls followed by Boys

High Jump – Boys followed by Girls

Triple Jump – Girls & Boys same time, both North and South pits will be utilized.

Discus – Girls followed by Boys

RUNNING EVENTS: Start at 5:00 PM

4x800M Relay (Girls/Boys) 1-Turn Stagger, Blue to Blue

100M (Girls/Boys)

110M Hurdles (Girls/Boys)

100M Dash (Girls/Boys)

4x200M Relays (Girls/Boys) Black to Black, Anchor Gold to Gold

1600M Run (Girls/Boys) Waterfall

4x100M Relay (Girls/Boys) Gold to Gold

400M Dash (Girls/Boys)

300M Hurdles (Girls/Boys)

800M Run (Girls/Boys)

200M Dash (Girls/Boys)

3200M Run (Girls/Boys) Waterfall

4x400M Relay (Girls/Boys) 3-Turn Stagger Blue to Blue

EXCHANGE ZONES:

4x200M Relay 1st and 2nd Exchange Black to Black, 3rd Exchange Gold to Gold

4x100M Relay Gold to Gold

4x400M Relay 3-Turn Stagger, Blue to Blue

4x800M Relay 1-Turn Stagger, Blue to Blue

QUESTIONS/CONCERNS: Contact Coach Chris Carrier, Zachary High School,
chris.carrier@zacharyschools.org, 225-907-4186.