



**2019 LHSAA Boys' & Girls'
Regional Track Bulletin**

General Information Bulletin

TABLE OF CONTENTS

CONTENT	PAGE(S)
IMPORTANT DATES	PAGE 4
GENERAL INFORMATION	PAGES 5 - 7
REGIONAL MEET INFORMATION	PAGES 8 - 11
QUALIFYING FROM DISTRICT TO REGIONAL	PAGE 12 - 13
WHEELCHAIR & PARA-AMBULATORY	PAGES 14 - 15
LHSAA SPONSORS	PAGE 16

In high school sports, you can be a part of something bigger than yourself.

You can be part of a team.

Wearing the uniform of your high school comes with a big responsibility. Your community cheers for you. Your teammates count on you. And you have the opportunity to make history by competing for a state championship. Do you have what it takes?



This message presented by the Louisiana High School Athletic Association and the Louisiana High School Athletic Directors Association.



IMPORTANT DATES

This Bulletin is for your benefit. Please read and make sure all necessary parties receive the correct information concerning the event. Please refer to the LHSAA website for additional information pertaining to the sport of Outdoor Track and Field.

2018-2019 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 6, 2018 – Sunday, January 27, 2019	6th – 31st	Weight training/conditioning permitted. No practice/contests allowed.
Monday, January 7, 2019 – Sunday, February 3, 2019	28th - 32nd	Online Rules Clinic (Mandatory for all Head Coaches)
Monday, January 28, 2019	31st	1st Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Monday, February 25, 2019	35th	1st Meet (Eligibility must be submitted online.)
Monday, March 11, 2019	37th	Deadline for Submitting GPAs online for seniors for All Academic
Monday, April 15, 2019 – Saturday, April 20, 2019	42nd	District Meets (All Classes – Boys’ and Girls’)
Saturday, April 20, 2019	42nd	End of Regular Season (All Classes – Boys’ and Girls’)
Wednesday, April 24, 2019	43rd	Regional Meet Deadline (Classes B and C)
Thursday, April 25, 2019	43rd	Regional Meet Deadline (Classes 2A and 1A)
Friday, April 26, 2019	43rd	Regional Meet Deadline (Classes 5A, 4A, and 3A)
Thursday, May 2, 2019	44th	State Meet (Classes B and C) - LSU, Baton Rouge
Friday, May 3, 2019	44th	State Meet (Classes 2A and 1A) - LSU, Baton Rouge
Saturday, May 4, 2019	44th	State Meet (Classes 5A, 4A, and 3A) - LSU, Baton Rouge
Sunday, May 12, 2019	46 th	Summer Rules Begin

REGIONAL INFORMATION

GENERAL INFORMATION

Listed below are the dates, starting times, sites and meet directors of each of the regional track meets for GIRLS in each class. District meet directors should email the results of their district meet to the regional director the night of their meet and a copy to the LHSAA office. Please list the first and last names of all five (5) place finishers and the time, distance or height of the first five (5) place finishers in each event. It is very important that regional directors have the results by **Saturday, April 20, 2019**, so they will have sufficient time to set up their meet.

All District, Regional and State Track meets will be conducted according to the National Federation Edition of Track and Field Rules, 2019, and Section 23 Track Rules of the LHSAA Handbook.

All **Class C** schools must send their entries to the regional meet director by **Friday, April 19, 2019** in order to set up their meet. There will not be any district meets in Class C to qualify for the regional track meets. Each school may enter two (2) teams or individuals in each event at the regional meet. Each region will qualify three (3) teams or individuals to the State Meet in each event. Also, we call your attention to Section 23.5.10 & 23.5.11, which states:

23.5.10 *Running events shall be conducted in metric distances unless track events are conducted on a 440-yard track. In this case, the events shall be conducted in yards, and the results of the events shall be converted from English to metric time when reporting the results to the LHSAA. This information shall be used to seed contestants in the running events at the state meet. The Metric Conversion Table in Rule 23.3.14 shall be used to convert English to metric time.*

NOTE: Timing Device shall be fully automatic timing device (FAT)

23.5.11 *The English measurement system shall be used to determine heights and distances in all field events.*

NOTE: In relay events, up to six individuals may be listed on the relay entry list, but only those who actually participate will be considered official entries. **Any substitutions for the state and regional meets must come from those names listed on the relay entry form.**

23.6.6 **Prior to the state meet, the LHSAA shall place a state meet memorandum on its website and notify all schools when available. Each head track coach shall be notified by email as to when the heat sheets are available. Once notified the participating schools shall have four hours to review, appeal, or dispute the school's heat sheets which are posted on the LHSAA website. The only changes that will be considered at this time shall be errors in reporting/posting by the Regional Meet Director or the LHSAA administration. Omissions/errors by the participating schools are not appealable or disputable.**

REGIONAL INFORMATION - CON'T

SCRATCH MEETING/TEAM PACKETS

- 23.5.8
1. There will be no scratch meeting for the Regional meet. Schools that qualify contestants from the district meet to the regional meet shall declare by 12:00 noon two (2) days prior to the regional meet any scratches for those qualifying to the regional meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the regional meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the regional meet shall be fined \$50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the regional meet shall be faxed or emailed to the host school on school letterhead signed by the head coach.
 2. Team packets containing heat sheets, time schedule, meet information, appeal form, etc., may be picked up at the host school two hours prior to your school participating.
 3. Coach must pick up his/her packet and pay fees prior to participation in any event.
 4. If a school enters no more than two contestants in the meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director at the packet pick-up area.
 5. If a qualifying contestant from the district meet is scratched and the alternate is not notified by 12:00 noon two (2) days prior to the meet, there shall be no replacement allowed.

SUBSTITUTIONS ON RELAY TEAMS

- 23.5.9 A coach may substitute a contestant to participate with his/her relay team if the contestant's name is listed on the relay entry form provided to the regional meet director by the respective district meet directors at the conclusion of the district meet, and if the substitute's participation limit of four events (including relays) is not exceeded.

DROP OUTS

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. Both the alternate participant and the regional or state meet director should be notified by **12:00 noon on Tuesday** prior to the succeeding meet.

REGIONAL INFORMATION - CON'T

GENERAL INFORMATION

1. A 3 turn stagger will be used during the state meet for the 1600 meter relay.
2. 800 meter run & 3200 meter relay- a one (1) turn stagger will be used in the state meet.
3. 1600 meter run and 3200 meter run - will use the waterfall start at the state meet.
4. Alternates - Only those individuals listed as alternates on the final entry sheets may be used on relay events should one of the original four runners have to withdraw from that event. A participant may compete in a total of four events (including relays). The following chart shows the number of events in which a participant is listed along with the number of times he/she can participate as an alternate in a relay event.

CONTESTANT MAY OFFICIALLY ENTER:

Four individual events	No relays allowed
Three individual events	May be listed on any number of relays but compete in only one relay
Two individual events	May be listed on any number of relays but compete in only two relays
One individual events	May be listed on any number of relays but compete in only three relays
Zero individual events	May be listed on four relays and may compete in four relays

Recently passed during the 2019 Annual Convention Effective Immediately:

The 3200 Meter Relay shall be included in the order of events and time schedule at the District meet and Regional meet 90 minutes prior to the first running event for Classes 3A, 4A and 5A.

REGIONAL MEET INFORMATION

CLASS 5A BOYS & GIRLS			Deadline Friday, April 26, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3)	April 25	Field: 12:00 PM Running: 2:00 PM	Northwestern State University	Ron Baillargeon, Lafayette H.S. 337-277-7966 lhstf@lusfiber.net
2 (Dist. 4-5-6)	April 25	Field: 2:30 PM 4x800: 4:00 PM Running: 5:30 PM	Zachary High School	Chris Carrier, Zachary H.S. 225-907-4186 chris.carrier@zacharyschools.org
3 (Dist. 7-8-9)	April 25	Field: 2:00 PM Running: 5:00 PM	Thibodaux High School	Doug Haydel, Thibodaux H.S. 985-688-3126 dchaydel@att.net

CLASS 4A BOYS & GIRLS			Deadline Friday, April 26, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3)	April 24	Field: 12:00 PM Running: 1:30 PM	Benton High School	Scott Reeder, Benton H.S. 318-464-3773 Scott.reeder@bossierschools.org
2 (Dist. 4-5-6)	April 24	Field: 1:00 PM Running: 5:30 PM	University of Louisiana at Lafayette	GIRLS: Brad Taylor, Teurlings Cath. H.S. 337-349-8017 btaylor@tchs.net BOYS: Stephen Barrett, Carencro H.S. 337-255-5936 swbarrett@lpssonline.com
3 (Dist. 7-8-9-10)	April 24	Field: 2:00 PM Running: 5:00 PM	Thibodaux High School	Stephen Barba, South Terrebonne H.S. 985-856-2219 Stephenbarba@tpsd.org

REGIONAL MEET INFORMATION

CLASS 3A BOYS & GIRLS			Deadline Friday, April 26, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3)	April 24	Field: 11:00 AM Running: 30 min. after field events end	Lakeside High School	John Ware, North Webster H.S. 318-268-8545 Elton.ware@websterpsb.org
2 (Dist. 4-5-8)	April 24	Field: 1:00 PM Running: 5:30 PM	J.H. Williams Middle School	Paul Gilder, Abbeville H.S. 958-518-5637 pgilder@stmaryk12.net
3 (Dist. 6-7-9-10)	April 24	Field: 1:00 PM Running: 5:30 PM	West Feliciana High School	Rickey Grant, West Feliciana H.S. 225-802-7486 grantr@wfpsb.org

CLASS 2A BOYS & GIRLS			Deadline Thursday, April 25, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3-4)	April 24	Field: 12:00 PM Running: 3:00 PM	Northwestern State University	Wally Smith, Holy Savior Menard H.S. 318-446-8887 wcmenard@suddenlink.net
2 (Dist. 5-6-7-8)	April 23	Field: 10:00 AM Running: 4:00 PM	McNeese State University	Tim Kyle, Rosepine H.S. 337-348-6411 timothy.kyle@vpsb.us
3 (Dist. 9-10-11-12)	April 24	Field: 2:30 PM Running: 5:30 PM	Tad Gormley Stadium	Mark Faliveno, Newman H.S. 504-654-9503 markfaliveno@newmanschool.org

REGIONAL MEET INFORMATION

CLASS 1A BOYS & GIRLS			Deadline Thursday, April 25, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3)	April 23	Field: 11:00 AM Running: 2:00 PM	Lakeside High School	David Franklin, Haynesville H.S. 318-422-3835 dfrankli@claibornepsb.org
2 (Dist. 4-5-7)	April 23	Field: 1:00 PM Running: 5:00 PM	University of Louisiana at Lafayette	Reginald Williams 337-413-4221 rondraewilliams@gmail.com
3 (Dist. 6-8)	April 23	Field: 3:00 PM Running: 5:00 PM	Ponchatoula High School	Jeremy Brown, Kentwood H.S. 985-514-9777 Jeremy.brown@tangischools.org

CLASS B BOYS & GIRLS			Deadline Wednesday, April 24, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (Dist. 1-2-3)	April 23	Field: 1:00 PM Running: 3:30 PM	Castor High School	Brandi Martin/Steven Cortez Castor H.S. 318-471-3205 bbmartin@bpsb.us , steven.cortez@bpsb.us
2 (Dist. 4-5)	April 22	Field: 11:00 AM Running: 1:30 PM	Pickering High School	Tammy Cecil, Anacoco H.S. 337-208-7229 tammy.cecil@vpsb.us
3 (Dist. 6-7)	April 22	Field: 1:00 PM Running: 3:00 PM	McNeese State University	Mike Bourgeois, Epis. Of Acad. H.S. 337-254-1728 mbourgeois@esacadiana.com

REGIONAL MEET INFORMATION

CLASS C BOYS & GIRLS			Deadline Wednesday, April 24, 2019	
REGION	DATE	TIME	LOCATION	MEET DIRECTOR
1 (see list below)	*April 23 Date change	Field: 12:00 PM Running: 2:00 PM	Quitman High School	BOYS: Shenequa Williams, Epps H.S. 318-789-0797 Shenequaholt@wcpsb.com GIRLS:
2 (see list below)	April 15	Field: 1:00 PM Running: 3:00 PM	Hackberry High School	Angie Little, Hackberry H.S. 337-802-5664 angie_little@camsch.org
3 (see list below)	April 17	Field: 1:00 PM Running: 4:00 PM	Christ Episcopal High School	Miguel Becerra, St. Thomas Aquinas H.S. 985-320-4290 miguelbecerra@bellsouth.net

CLASS C - REGIONS		
REGION #1	REGION #2	REGION #3
Atlanta Dodson Downsville Epps Georgetown Giblsland-Coleman Kilbourne New Living Word Saline Summerfield	Ebarb Evans Hackberry Johnson Bayou Plainview Pleasant Hill Reeves Simpson Singer Starks	Bishop McManus Christ Episcopal Family Christian First Baptist Holy Rosary Jehovah-Jireh La. School for Deaf La.School for Visually Impaired Lutheran Phoenix

QUALIFYING FROM DISTRICT TO REGIONAL

CLASS 5A BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3	1	4 individuals,	4 relays
4, 5, 6	2	4 "	4 "
7, 8, 9	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

CLASS 4A BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3	1	4 individuals,	4 relays
4, 5, 6	2	4 "	4 "
7, 8, 9, 10	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

CLASS 3A BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3	1	4 individuals,	4 relays
4, 5, 8	2	4 "	4 "
6,7, 9, 10	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

CLASS 2A BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3, 4	1	4 individuals,	4 relays
5, 6, 7, 8	2	4 "	4 "
9, 10, 11, 12	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

QUALIFYING FROM DISTRICT TO REGIONAL

CLASS 1A BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3	1	4 individuals,	4 relays
4, 5, 7	2	4 "	4 "
6, 8	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

CLASS B BOYS & GIRLS

<u>DISTRICTS</u>	<u>REGION</u>	<u>QUALIFY TO REGIONAL</u>	
1, 2, 3	1	4 individuals,	4 relays
4, 5	2	4 "	4 "
6, 7	3	4 "	4 "

Alternates: Fifth-place finishers in each event in all district meets will be alternates to the regional meet.

Each region will qualify 3 individuals and 3 relay teams to the state meet.

Fourth place finishers in the regional meet will qualify as alternates to the state meet.

CLASS C BOYS & GIRLS

Class C is divided into three (3) regions for GIRLS & BOYS track. There will not be any district meets in Class C.

The track regions for Class C are listed in this bulletin. Any Class C school that is running track that is not listed should contact the LHSAA office immediately in order that they may be placed in a region to be eligible to compete in the Regional Meet.

Class C schools may enter two (2) contestants in each individual event and two (2) relay teams in each relay at the Regional Meet.

The first, second and third place finishers in each region qualify for the state meet in each event. Fourth place finishers in each region will serve as alternates to the state meet.

WHEELCHAIR TRACK & FIELD

ALL WHEELCHAIR EVENTS AT THE STATE TRACK MEET, WILL BE HELD ON THURSDAY, MAY 2, 2019.

Any questions concerning wheelchair track and field should be answered by applying the section of the LHSAA handbook dealing with participation in wheelchair track and field.

This information can be found in Section 23, Rule 23.7, of the LHSAA handbook.

PARA AMBULATORY TRACK & FIELD

ALL PARA AMBULATORY STATE COMPETITION WILL BE HELD ON FRIDAY, MAY 3, 2019 IN CONJUNCTION WITH THE CLASS 1A & 2A STATE CHAMPIONSHIPS.

LHSAA Handbook Rules pertaining to PARA AMBULATORY TRACK AND FIELD

23.8.1 The following track and field events shall be sanctioned in outdoor track and field as individual events for Para ambulatory participants:

100-meter dash
200-meter dash
400-meter run
Javelin
Discus
Shot put

23.8.2 Rules governing Para ambulatory track and field shall follow the guidelines of the Games Uniting Mind and Body (GUMBO) Resource Guide, as it applies to disabled ambulatory track and field in Louisiana and the LHSAA. The LHSAA encourages all meet directors to contact a GUMBO representative to be on site at all district and regional meets.

23.8.3 In addition to all eligibility rules of LHSAA, the following shall apply to Para ambulatory participants in LHSAA outdoor track and field meet:

1. Para-ambulatory participants shall compete in school-issued uniforms.
2. A para-ambulatory participant shall have a permanent orthopedic, neuromuscular, or other physical disability. Permanent orthopedic impairment shall be verified by a licensed physician and maintained on permanent file at the school.
3. A para ambulatory participant must have either a GUMBO classification or national disability classification.

23.8.4 When competing in the outdoor state track and field meet, all para ambulatory participants shall be required to compete on the same day of the meet regardless of their school's classification. A para ambulatory participant shall compete for individual honors only in one open division mandated by meet management. A meet's order of events shall be determined by meet management. The contestant's performances shall not be counted in the meet's overall team scoring.

PARA AMBULATORY TRACK & FIELD CON'T

23.8.5 Para ambulatory participants shall qualify for the district, regional and state meets following the same qualifying procedures as other participants. A participant shall be limited to a maximum of four (4) individual events. Each Para ambulatory participant is required to meet minimum standards listed below at the local, district and regional meets. If a contestant fails to meet the required standard in an event, he/she shall not be awarded a place in the event.

Minimum required standards for local, district, and regional meets shall be:

EVENT	BOYS	GIRLS
100 meter dash	0:35	0:45
200 meter dash	1:00	1:30
400 meter run	2:00	3:00
Discus	25'0"	19'0"
Shot put	8'0"	6'0"
Javelin	22'0"	16'0"

Note #1: Track standards do not apply to cinder tracks

Note #2: The size of the discus, shot put and javelin for Para Ambulatory participants shall be the same as all other male and female participants.



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TEAMMATES

