

2016 GIRLS' REGIONAL TRACK BULLETIN

IMPORTANT DATES



DISTRICT MEETS:
WEEK OF APRIL 18-23

REGIONAL DEADLINE DATES:
CLASSES B & C APRIL 27
CLASSES 2A & 1A APRIL 28
CLASSES 5A, 4A, 3A APRIL 28

STATE TRACK MEET DATES:

Classes B & C May 5
Classes 2A & 1A May 6
Classes 5A, 4A, 3A May 7

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1. Important Regional Information

The information below does not appear in this online bulletin because it can be accessed elsewhere on the website. Please follow instructions to access this important information:

- To access the TRACK BY-LAWS, copy the link below in your browser:
http://cdn.lhsaa.org/uploads/handbook/Section23-Track-Outdoor_12162015.pdf

We urge you to save these documents on your hard drive in order to access them when you are not online.

GIRLS' REGIONAL TRACK MEETS

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 fax 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 those results by **Monday, April 25, 2016**, 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, 2016, and Section 23 Track Rules of the LHSAA Handbook.

All **Class C** schools must send their entries to the meet director of the regional by **Friday, April 22, 2016** in order for the regional meet to be set up. 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 regional 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:** Please specify on your regional result sheet if your region used F.A.T.*

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 meet 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.***

IMPORTANT Please note a rule that was passed by the Membership in 2009:

23.5.8 Scratch Meeting/Team Packets

- 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 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 CECP 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.**

23.5.9 Substitutions on Relay Teams: 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.

CLASS 5A GIRLS**DEADLINE APRIL 28, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3)	APRIL 27	FIELD: 12:00 PM RUNNING: 2:30 PM	Northwestern State University	Dean Johnson Natchitoches Central H.S. 318-554-9343 djohnson1@nat.k12.la.us
2 (Dist. 4-5-6)	APRIL 28	FIELD: 3:30 PM RUNNING: 5:30 PM	Catholic H.S.	Pete Boudreaux Catholic H.S. 225-678-3991 pboudreaux@catholichigh.org
3 (Dist. 7-8-9)	APRIL 27	FIELD: 2:00 PM RUNNING: 5:00 PM	Thibodaux H.S.	Doug Haydel, Thibodaux H.S. 985-688-3126 dchaydel@att.net

CLASS 4A GIRLS**DEADLINE APRIL 28, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3)	APRIL 27	FIELD: 12:00 PM RUNNING: 30 min. following field	Benton H.S.	Scott Carroway Benton H.S. 318-465-0034 scott.carroway@bossierschools.org
2 (Dist. 4-5-6)	APRIL 27	FIELD: 1:00 PM RUNNING: 5:30 PM	UL Lafayette Track Complex	Peter Villia Plaquemine H.S. 225-315-0554 petervillia@ipsb.net
3 (Dist. 7-8-9-10)	APRIL 27	FIELD: 2:00 PM RUNNING: 5:00 PM	South Terrebonne H.S.	Stephen Barba South Terrebonne H.S. 985-856-2219 stephenbarba@tpsd.org

CLASS 3A GIRLS**DEADLINE APRIL 28, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3)	APRIL 28	FIELD: 11:00 AM RUNNING: 2:30 PM	Lakeside H.S.	John Ware North Webster H.S. 318-268-8545 eware@websterpsb.org
2 (Dist. 4-5-8)	APRIL 28	FIELD: 1:00 PM RUNNING: 5:00 PM	Abbeville H.S.	Kerry Richard Erath H.S. 337-224-6302 Kerry.richard@vpsb.net
3 (Dist. 6-7-9-10)	APRIL 27	FIELD: 3:30 PM RUNNING: 6:00 PM	Jewel Sumner H.S.	Jay Stuckey Jewel Sumner H.S. 985-507-0465 Jstuckey406@aol.com

CLASS 2A GIRLS**DEADLINE APRIL 28, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3-4)	April 28	FIELD: 12:00 PM RUNNING: 3:00 PM	Northwestern State Univ.	Tommy Hall Many H.S. 936-275-8504 hallt@sabine.k12.la.us
2 (Dist.5-6-7-8)	APRIL 26	FIELD: 2:00 PM RUNNING: 5:00 PM	Episcopal H.S.	Eddie Cole Episcopal H.S. 985-713-2068 colee@ehsbr.org
3 (Dist.9-10-11-12)	APRIL 26	FIELD: 1:00 PM RUNNING: 3:30 PM	Southeastern La. University	Miguel Becerra St. Thomas Aquinas 985-320-4290 miguelbecerra@bellsouth.net

CLASS 1A GIRLS**DEADLINE APRIL 28, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	APRIL 26	FIELD: 11:00 AM RUNNING: 1:00 PM	Lakeside H.S.	David Franklin Haynesville H.S. 318-422-3835 dfrankli@claibornepsb.org
2 (Dist.4-5-7)	APRIL 26	FIELD: 1:00 PM RUNNING: 5:00 PM	UL Lafayette Track Complex	Tommy Badon Lafayette Christian H.S. 337-945-6961 tbadon@lafayettechristianacademy.com; tbadon4486@gmail.com
3 (Dist.6-8)	April 25	FIELD: 2:30 PM RUNNING: 5:00 PM	Ponchatoula H.S.	Jeremy Brown Kentwood H.S. 985-514-9777 jeremy.brown@tangischools.org

CLASS B GIRLS**DEADLINE APRIL 27, 2016**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	APRIL 25	FIELD: 1:00 PM RUNNING: 3:30 PM	Simsboro H.S. \$5 entry fee for spectators	Ryan Bond Weston H.S. 318-475-1268 Ryan.bond@jpsb.us
2 (Dist.4-5)	APRIL 26	FIELD: 1:00 PM RUNNING: 3:00 PM	Pineville H.S.	Peter Riley Grace Christian H.S. 225-326-7249 mr_peterriley225@yahoo.com
3 (Dist.6-7)	APRIL 26	FIELD: 1:00 PM RUNNING: 3:30 PM	Welsh H.S.	James Welch Hathaway 337-515-3067 james.welch@jdpsbk12.org

CLASS C GIRLS

DEADLINE APRIL 27, 2016

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 <i>(see list below)</i>	APRIL 25	FIELD: 12:00 PM RUNNING: 2:00 PM	Ruston H.S.	Shenequa Williams Epps H.S. 318-789-0797 shenequaholt@wcpsb.com
2 <i>(see list below)</i>	April 20	FIELD: 1:00 PM RUNNING: 3:30 PM	.Johnson Bayou H.S.	Howard Romero Johnson Bayou 409-289-1314 howard.romero@ industriallogistic.com
3 <i>(see list below)</i>	APRIL 21	FIELD: 3:30 PM RUNNING: 5:30 PM	St. Scholastica Academy	Nick Accardo Holy Rosary H.S. 337-256-3502 naccardo@holynosarynola.org

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

QUALIFIERS FROM DISTRICT TO REGIONAL

CLASS 5A (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 (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 (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 (GIRLS)

<u>DISTRICTS</u>	<u>REGIONS</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.

CLASS 1A (GIRLS)

<u>DISTRICTS</u>	<u>REGIONS</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 (GIRLS)

<u>DISTRICTS</u>	<u>REGIONS</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 (GIRLS)

Listed below are details for CLASS C track for the 2016 season.

Class C is divided into three (3) regions for girls 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 girls 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.

- 1) Class C schools may enter two (2) contestants in each individual event and two (2) relay teams in each relay at the Regional Meet.
- 2) The first, second & third place finishers in the regional meet qualify for the state meet in each event.

3) Fourth place finishers will serve as alternates to the state meet.

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

REGIONAL AND STATE TRACK MEETS GENERAL INFORMATION

1. A 3 turn stagger will be used during the state meet for the 1600 meter relay.
2. 800 meter run - 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.

<u>Participant is entered in</u>	<u>Number of relay events he/she can be listed in as an alternate</u>
4 events	0
3 events	3 (can only participate in one)
2 events	3 (can only participate in two)
1 event	3 (can participate in all three)

WHEELCHAIR TRACK & FIELD

ALL WHEELCHAIR EVENTS AT THE STATE TRACK MEET, WILL BE HELD ON THURSDAY, MAY 5, 2016.

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, pages 144-146 of the LHSAA handbook.



PARA AMBULATORY TRACK AND FIELD

All Para Ambulatory State competition will take place on Friday, May 6, 2016 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.*

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
<i>100 meter dash</i>	<i>0:35</i>	<i>0:45</i>
<i>200 meter dash</i>	<i>1:00</i>	<i>1:30</i>
<i>400 meter run</i>	<i>2:00</i>	<i>3:00</i>
<i>Discus</i>	<i>25'0"</i>	<i>19'0"</i>
<i>Shot put</i>	<i>8'0"</i>	<i>6'0"</i>
<i>Javelin</i>	<i>22'0"</i>	<i>16'0"</i>

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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COURAGE COMPETITION DETERMINATION

SPORTSMANSHIP

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PERSISTENCE COMPETITION COURAGE

COMPETITION COURAGE

