

2017 GIRLS' REGIONAL TRACK BULLETIN

IMPORTANT DATES



DISTRICT MEETS:

WEEK OF APRIL 17-22

STATE TRACK MEET DATES:

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

REGIONAL DEADLINE DATES:

CLASSES B & C	APRIL 26
CLASSES 2A & 1A	APRIL 27
CLASSES 5A, 4A, 3A	APRIL 28

**NOTICE: CLASS 1A REGION 3
CHANGE IN DATE & LOCATION.
REFER TO PAGE 5 OF THIS
BULLETIN.
CLASS 5A DATE CHANGE-PAGE 4
CLASS 3A DATE CHANGE-PAGE 4**

CONTENTS:

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/HB_TrackandField_Outdoor.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 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 **Monday, April 24, 2017**, 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, 2017, 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 21, 2017** 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: 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 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.**

IMPORTANT

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 Friday, April 28, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	April 27	FIELD 12:30 PM RUNNING: 2:00 PM *11:30am start for Para-ambulatory	Northwestern State University, Natchitoches	Ron Baillargeon Lafayette H.S. 337- 277-7966 lhstf@lusfiber.net
2 (Dist.4-5-6)	April 27	POLE VAULT: 3:00 PM FIELD: 3:30 PM RUNNING: 6:00 PM	Zachary High School	Chris Carrier Zachary H.S. 225-907-4186 chris.carrier@zacharyschools.org
3 (Dist.7-8-9)	April 27	FIELD: 2:00 PM RUNNING: 5:00 PM	Thibodaux High School	Doug Haydel Thibodaux H.S. 985-688-3126 dchaydel@att.net

CLASS 4A GIRLS**DEADLINE Friday, April 28, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3)	April 26	FIELD: 12:00 PM RUNNING: 3:00 PM	Lee Hedges Stadium	Leslie Hammond Huntington H.S. 318-393-5164 lkhompson@caddoschools.org
2 (Dist.4-5-6)	April 26	FIELD: 1:00 PM RUNNING: 5:30 PM	Univ. of La. At Lafayette	Kevin Castille St. Thomas More H.S. 859-553-5563 stmcrosscountry@gmail.com
3 (Dist.7-8-9-10)	April 26	FIELD: 2:00 PM RUNNING: 5:00 PM	South Terrebonne High School	Stephen Barba South Terrebonne H.S. 985-856-2219 stephenbarba@tpsd.org

CLASS 3A GIRLS**DEADLINE Friday, April 28, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	April 27	FIELD: 11:00 AM RUNNING: 30 min. after completion of field events	Lakeside High School, Sibley	John Ware North Webster H.S. 318-268-8545 eware@websterpsb.org
2 (Dist.4-5-8)	April 27	FIELD: 1:00 PM RUNNING 5:00 PM	Abbeville High School	Kerry Richard Erath H.S. 337-224-6302 Kerry.richard@vpsb.net
3 (Dist.6-7-9-10)	April 26	FIELD: 3:30 PM RUNNING: 6:00 PM	Jewel Sumner High School	Jay Stuckey Jewel Sumner H.S. 985-507-0465 Jstuckey406@aol.com

CLASS 2A GIRLS**DEADLINE Thursday, April 27, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist. 1-2-3-4)	April 25	FIELD: 12:00 PM RUNNING: 3:00 PM	Westlake High School	Sammy Smith Dequincy H.S. 337-802-4021 samuel.smith@cpsb.org
2 (Dist.5-6-7-8)	April 25	FIELD: 2:00 PM RUNNING: 5:00 PM	Episcopal High School	Eddie Cole Episcopal H.S. 985-713-2068 colee@ehsbr.org
3 (Dist.9-10-11-12)	April 26	FIELD: 1:00 PM RUNNING: 3:00 PM	Southeastern La. University, Hammond, LA	Miguel Becerra St. Thomas Aquinas H.S. 985-320-4290 miguelbecerra@bellsouth.net

CLASS 1A GIRLS**DEADLINE Thursday, April 27, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	April 25	FIELD: 11:00 AM RUNNING: 1:00 PM	Cedar Creek High School	William Parkerson Cedar Creek H.S. 225-721-1388 williamparkerson2354@gmail.com
2 (Dist.4-5-7)	April 25	FIELD: 1:00 PM RUNNING: 5:00 PM	Univ. LA @Lafayette	Tommy Badon Lafayette Christian Academy 337-945-6961 tbadon@lafayettechristianacademy.com
3 (Dist.6-8)	April 27	FIELD: 2:30 PM RUNNING: 5:30 PM	Woodlawn High School	Henry Combs Southern Lab 225-773-8800 Henrycombs23@yahoo.com

CLASS B GIRLS**DEADLINE Wednesday, April 26, 2017**

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 (Dist.1-2-3)	April 25	FIELD: 1:00 PM RUNNING: 3:00 PM	Simsboro High School	Ryan Bond Weston H.S. 318-475-1268 ryan.bond@jpsb.us
2 (Dist.4-5)	April 24	FIELD: 3:00 PM RUNNING: 5:00 PM	Pickering High School	Tammy Cecil Anacoco H.S. 337-208-7229 tcecil@vpsb.k12.la.us
3 (Dist.6-7)	April 25	FIELD: 1:00 PM RUNNING: 3:00 PM	Jennings High School	Duane Clemmons Lacassine H.S. 337-274-0230 duane.clemmons@jdpsbk12.org

CLASS C GIRLS

DEADLINE Wednesday, April 26, 2017

REGION	DATE	TIME	SITE	MEET DIRECTOR
1 <i>(see list below)</i>	April 21	FIELD: 12:00 PM RUNNING: 2:30 PM	Quitman High School	Autumn Robinson Saline H.S. 318-548-4328 arobin@bpsb.us
2 <i>(see list below)</i>	April 25	FIELD: 2:15 PM RUNNING: 3:30 PM	Hackberry High School	Dale Jinks & Angie Little Hackberry H.S. 337-802-5664 angie_little@camsch.org
3 <i>(see list below)</i>	April 25	FIELD: 1:30 PM RUNNING: 4:00 PM	La. School for the Deaf	Dirk Ricks Jehovah Jireh H.S. 225-978-8073 dhricks@me.com

REGION #1	REGION #2	REGION #3
Atlanta Dodson Downsville Epps Family Community 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

QUALIFYING 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>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.

CLASS 1A (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 (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 (GIRLS)

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.

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.

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 4, 2017.

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 5, 2017 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
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.



THE LHSAA WOULD LIKE TO THANK THE FOLLOWING 2016 - 2017 PARTNERS FOR THEIR SUPPORT OF HIGH SCHOOL ATHLETICS IN LOUISIANA

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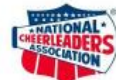
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TEAMMATES



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