

# **McNeese State University Track and Field**

**Revised 12/04/09**



## **INDOOR Meet Information**

**2010**

**Jeff Davis Bank**

**Cowboy Indoor Invite II**

(University Division)

**February 5<sup>th</sup>, 2010**

## **Entry Information**

### **Meet Classifications**

The McNeese Indoor Invite, on February 5<sup>th</sup>, 2009 will be a college-only meet. Unattached athletes will be permitted by permission of meet management.

### **How to Enter**

1. Entries will be processed through [www.directathletics.com](http://www.directathletics.com). Please access our meet at this website. Entry fees will be paid upon arrival at the meet at the packet pick-up site. You should set up your account up in advance to avoid any problems.
2. Entry Deadline is 11:30 PM Monday February 1<sup>st</sup>.
3. No faxed or Phoned entries will be accepted.
4. Entries will be posted on Wednesday after 6pm at the McNeese Track and Field Website: [www.mcneesesports.com](http://www.mcneesesports.com) under meet info

### **Entry Fees**

\$350 per team, School entering both Men and Women \$ 600.

Make Checks payable to: **McNeese Foundation**

## **Meet Information**

### **Meet Site**

The McNeese State Indoor Recreation Complex which is located on the main campus off Common Street

### **Directions to the Track**

Coming East on I-10 from Texas:

Twenty-five miles into Louisiana, take the 210 Loop (Exit 25). Head east for 6 miles before exiting at the Ryan St. Exit (Exit 6A). Head south on Ryan St. for 1 mile. Take a left at Sale Road. Take a right turn after the tennis courts. The McNeese Recreation complex is on your right.

Coming West on I-10 from East Louisiana:

Take the 210 Loop (Exit 34). Head west on 210 until your reach the Ryan St Exit (Exit 6A). Head south on Ryan St. for 1 mile. Take a left at Sale Road. Take a right turn after the tennis courts. The McNeese Recreation complex is on your right.

**“NO METAL SPIKES ALLOWED IN ARENA”**

### **Packet Pick-Up**

Packets can be picked up prior to the competition starting at 12:00 pm. at the Main Entrance to the Recreation Complex.

### **Meet Admission**

The meet will be open to the general public. Cost at the gate is \$5 across the board.

### **Dressing Facilities**

Unfortunately, there will be no locker room or shower facilities available for this event.

### **Athlete Check-In**

Field event athletes will be required to check-in 30 minutes prior to their event at the event site. All running events should check in at the white tent, located on the northwest corner of the track, no later than 15 minutes prior to their event. The running events will go on a running schedule so be alert.

### **Qualifying**

There will be no qualifying heats for the running events upstairs. All races are finals. The 55m and 55m hurdles will have a prelim and with the top 12 advancing to the final based on time. In the field events, there will be trials with top eight advancing to finals.

### **Implement Weigh-In**

Implements may be weighed in the near the shot ring by the pole vault area. They must be weighed in between 11:00 AM and 2:30 PM.

### **Starting Heights**

Starting heights will be determined at the start of the event, depending on the field sizes and performances.

### **Warm-Up**

There will be a warm-up field located outside the next to the parking.

### **Limited Entry Events 3 athletes per school**

Triple Jump and Long Jump will be limited to keep the schedule rolling.

### **Further Information**

If you have any questions, do not hesitate to contact the McNeese Track and Field Office at (337) 475-5204 or [mcneesetrackandfield@hotmail.com](mailto:mcneesetrackandfield@hotmail.com)

**METAL SPIKES ALLOWED IN ARENA”**

## Meet Schedule

### Field Event

3:00 PM	Shot Put	Men	Trials & Finals
3:00 PM	Shot Put	Women	Trials & Finals
3:00 PM	Long Jump	Women	Trials & Finals
5:00 PM	Pole Vault	Women	Final
5:00 PM	Long Jump	Men	Trials & Finals
5:00 PM	High Jump	Women	Finals
6:00 PM	Triple Jump	Women	Trials & Finals
6:00 PM	Pole Vault	Men	Trials & Finals
6:00 PM	High Jump	Men	Finals
7:00 PM	Triple Jump	Men	Trials & Finals

### **Outdoor Track:**

1:00 PM	Weight Throw	Women	Trials & Finals
1:00 PM	Weight Throw	Men	Trials & Finals

### Running Events (Down Stairs)

5:00 PM	55m Hurdles	W/M	Prelims (12 Advance)
	55m Dash	W/M	Prelims (12 Advance)
6:00 PM	55m Hurdles	W/M	Final (A&B)
	55m Dash	W/M	Final (A&B)

### (Up Stairs)

4:00 PM	DMR	W/M	Final
5:00 PM	1 mile	W/M	Final
	400 Meters	W/M	Final
	800 Meters	W/M	Final
	200 Meters	W/M	Final
	3000 Meters	W/M	Final
	4x400 Relay	W/M	Final

\*Running events will go on a rolling schedule.

\*Schedule is subject to change.

# **“NO METAL SPIKES ALLOWED IN ARENA”**

## **McNeese Indoor Rec Complex Records**

### **MEN’S RECORDS**

55 Meter Dash: 6.1,	Brian Cooper, McNeese 1987; Verril Young, unattached, 1991; Ruel Paul, USL 1991
55 Hurdles: 6.99,	Derrick Ford, Southern, 1993
200 Meters:	Charles Jackson, McNeese, 2009
400 Meter Dash: 48.3,	Tom Williams, Jackson State 1990
800 Meter Run: 1:51.8,	Alfredo Lahuerta, Houston Baptist, 1985
1000 Meters: 2:27.0,	Sammy Skimhfast, Houston Baptist, 1986
1600 Meter Run: 4:08,	Alfredo Trejo, Lamar 1984
3000 Meter Run: 8:10.9,	Roger Solar, UT San Antonio, 1985
3200 Meter Run: 8:39.1,	Roger Solar, UT San Antonio, 1983
Two Mile Run: 8:31.5,	Chris Bloor, Stephen F. Austin 1984
Three Mile Run: 14:05.4,	Daniel Laquerre, 1981
4x400 Meter Relay: 3:15.3,	USL (1991)
3200 Meter Relay: 7:34.6,	Houston Baptist (1987)
Distance Medley: 10:15.42,	McNeese State. 1996
Shot Put: 61-0,	Kevin Toth, unattached (1992)
Long Jump: 26-1,	Brian Cooper, McNeese State, 1985
Triple Jump: 51-1,	Mdhlongwa, USL, 1995
High Jump: 7-2,	Michael Roberson, McNeese State, 1996
Pole Vault: 17-3,	Jacob Davis, Orangefield High School, 1995

### **WOMEN’S RECORDS**

55 Meter Dash: 6.8,	Theresa Neighbors, UT San Antonio (1990); Sheryl Wilson, unattached, 1991
55 Hurdles: 7.77,	Latey Davenport, Southern, 1993
200 Meters: 25.67,	Christi McRae, McNeese 2009
400 Meter Dash: 57.05,	Sherzonia Walker, USL 1996
800 Meter Run: 2:11.80,	Beverly Harrington, unattached, 1996
1600 Meter Run: 5:00.4,	Becky Brooks, Lamar, 1986
3000 Meter Run: 9:29.94,	Sarah Salmon, McNeese, 1997
3200 Meter Run: 10:33.9,	Jody Duston, UTSA, 1988
5000 Meter Run: 19:00.34,	Keri Ange, McNeese 1993
Two Mile Run: 11:35.2,	Liz Unkel, McNeese 1988
4x400 Meter Relay: 3:53.6,	San Jacinto, 1988
3200 Meter Relay: 9:25.7,	UT San Antonio, 1987
Distance Medley: 12:17.19,	Univ. of Mobile 1998
Shot Put: 49-6,	Nikki Hunter, McNeese, 1997
Long Jump: 20-1,	Paula Andrews, Prairie View 1991
Triple Jump: 40-8,	Cheryl Henry, Northeast La., 1986
High Jump: 5-9,	Presley, Lamar, 1990
Pole Vault: 11’ 3.75”	Brittany Kleckely, McNeese, 2009