

McNeese State University

Track and Field

Revised 01/07/10



2010

INDOOR

Meet Information

2010 Cowboy
Indoor Invite I
(High School Division)
January 16th, 2010

Entry Information

Meet Classifications

The Cowboy Indoor Invite, on January 16th, will be a High School-only meet. High Schools and high school aged club Teams from outside Louisiana may compete as per LHSAA Rule Book.

How to Enter

1. Entries will be processed through 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 January 11th.
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 under meet info

ENTRY FEES

HIGH SCHOOLS

\$10 per athlete for the first 15 athletes entered (Maximum \$150 per team).
Boys and Girls separate, (\$300 max per school).

******* CLUBS *******

***** \$10 per athlete for all athletes entered. *****

Upon arriving you will be charged for all athletes entered.
THERE ARE NO REFUNDS THE DAY OFF COMPETITION

Payment

Payments can be made at time of packet pick up.

Make check payments 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 8:00 a.m. 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 6 advancing to the final. 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 8:00 AM and 9:30 AM.

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 2 athletes per school

High School Rules will be in affect.

Minimum Marks (marks below will not be recorded)

Long Jump / Triple Jump	Boys 18' / 38'	Girls 14' / 28'
Shot Put	Boys 38'	Girls 23'

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

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Meet Schedule

Field Event

9:00 AM	Shot Put	Boys	Trials & Finals	Advance 7
9:00 AM	Shot Put	Girls	Trials & Finals	Advance 7
9:00 AM	Long Jump	Girls	Trials & Finals	Advance 7
10:00 AM	Pole Vault	Girls	Final (after Shot Put)	
10:30 AM	Long Jump	Boys	Trials & Finals	Advance 7
10:30 AM	High Jump	Girls	Final (after Shot Put)	
12:00 PM	Triple Jump	Girls	Trials & Finals	Advance 7
11:30 AM	High Jump	Boys	Finals	
12:00 PM	Pole Vault	Boys	Finals	
1:30 PM	Triple Jump	Boys	Trials & Finals	Advance 7

Running Events

(Down Stairs)

12:00 PM	55m Hurdles	G/B	Prelims	(12 Advance)
	55m Dash	G/B	Prelims	(12 Advance)
1:00 PM	55m Hurdles	G/B	Prelims	(6 advance)
	55m Dash	G/B	Prelims	(6 advanc
1:30 PM	55m Hurdles	G/B	FINALS	
	55m Dash	G/B	FINALS	

(Up Stairs)

10:00 AM	4 x 800m	G/B	Final	Sections against time
11:30 AM	4 x 200m	G/B	Final	Sections against time
	1600m	G/B	Final	Sections against time
	400 Meters	G/B	Final	Sections against time
	800 Meters	G/B	Final	Sections against time
	200 Meters	G/B	Final	Sections against time
	3200 Meters	G/B	Final	Sections against time
	4x400 Relay	G/B	Final	Sections against time

*Running events will go on a rolling schedule.

*Schedule is subject to change.

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