

USATF Southern Association Invitational Itinerary

June 22-23, 2024

LOCATION: Denham Springs High School, 1000 N Range Ave, Denham Springs, LA 70726

**** MAKE SURE ATHLETE EAT 2 HOURS PRIOR TO THEIR SCHEDULED WARM-UP TIME ****

Thursday, June 20, 2024

TBD Get change for Gate
 Secure water from Sam's
 Go to Academy/Walmart to secure tarps

2:00 pm Initial prep at Denham Springs High School

- Paint sector lines
- Setup pressbox
- Pickup up ICE

6:00 pm Pickup team trailer

Friday, June 21, 2024

TBD Setup Tents
 Setup Team Packets

5:00pm Go to Denham Springs High to begin layout for setup

5:00 pm – 7:00 pm Volunteers meet at Denham Springs High School

- Setup field events buckets
- Check pits
- Setup 400m hurdles
- Setup hurdle markings for 80m
- Setup timing equipment and test connections
- Pickup 20 bags of ice and store in freezer

Saturday, June 22 and Sunday, June 23

Lafayette and Lake Charles Site check with leadership on departure times

NOTE: All US Express athletes and Volunteers, you must report to the registration table to secure your arm bands.

- 6:45 AM** **Volunteers for Site setup, Gate Workers and Registration Table arrive**
Site Setup
- Water Stations**
 - **Finishline (3 coolers)**
 - **Long Jump (1 cooler)**
 - **Throws (1 cooler)**
 - **Warmup Area (1 Cooler)**
 - Deliver Drink coolers**
 - **Long Jump**
 - **Throws**
 - **Timing/Awards**
 - **Clerking Area**
 - **Pressbox**
- 7:00 AM** **Stadium to be opened**
- 7:30 AM** **All other Volunteers on site and all athletes arrive at Stadium**
- 7:45 AM** **All Athletes in running events to report: (Girls on Saturday/Boys on Sunday)**
- 8:30 AM** **All athletes in field events to report (Boys on Saturday/Girls on Sunday)**

Coach Assignments:

TBD Assigned Later

Volunteer Assignments:

See current list

Team Area:

Under bleachers on home side of stadium; bring lawn chairs if you can. Field event athletes will be setup on Visitor side under bleachers

Uniforms

Volunteers and Officials	White Polo style shirt with Khanki pants for both days
Coaches with team assignments	Blue Coaches Shirts (Saturday)/Red & Blue (Sunday)
Coaches and volunteers with meet assignments	Khanki pants/shorts and US Express T-shirts
Athletes w/ Uniform	Track Uniform w/ Cover shirt and Cover shorts
Athletes without Uniform	Red Shirt or US Express t-shirt with navy blue tights and/or Red shorts.

Revised: June 15, 2024

Admission:

Free for Volunteers (Name must be on sheet that will be located at front gate. Must check in at volunteer table for arm bands), **all others \$12.00 per day or \$20 for a two day pass.** (Free kids 3 and under)

Other items

- Bring adequate fluids for the day
- Prior to leaving track with your athlete, make sure you check with one of the coaches so we can maintain accountability.

Saturday, June 22nd Girls (Track) Boys (Field)
Sunday, June 23rd Boys (Track) Girls (Field)

8:30 AM`	3000 Meter Run	(11-12, 13-14, 15-16, 17-18)
	400 Meter Hurdles	(15-16, 17-18)
	200 Meter Hurdles (30")	(13-14)
	4 x 800m Relay	(All)
	100 Meter Dash	(All)
	1500/3000 Meter Race Walk	(All)
	400 Meter Dash	(All)
	1500 Meter Run	(All)
	4x100 Meter Relay	(All)
	110 Meter Hurdles	(15-16B,17-18W)
	100 Meet Hurdles	(13-14, 15-16G, 17-18W)
	80 Metter Hurdles	(11-12)
	800m	(All)
	200 Meter Dash	(All)
	4x400 Meter Relay	(All)

Field Event *(3 preliminary throws/jumps – 8 advances to finals – 3 final throws/jumps)*

10:00 AM	Long Jump	(17-18, 15-16, 13-14, 11-12, 9-10, 8U)
	Shot Put	(17-18, 15-16, 13-14, 11-12, 9-10, 8U)
	Turbo/Finn Javelin	(8U, 9-10, 11-12)
	Discus	(11-12, 13-14, 15-16, 17-18)
	Javelin (After Discus)	(13-14, 15-16, 17-18)
	Triple Jump (After Long Jump)	(13-14, 15-16, 17-18)
10:00 AM	High Jump	(8U, 9-10, 11-12, 13-14, 15-16, 17-18)

THE FOLLOWING EVENTS ARE REGISTERED BUT WILL NOT COMPETE THIS WEEKEND:

Triathlon
Pentathlon
Heptathlon
Decathlon
Hammer Throw
Steeple Chase

Mens

Javian Allen - 18

17-18 800 Meters 2:22.48
17-18 1500 Meters 5:27.91

DeMichael Anderson - 18

17-18 200 Meters 24.61
17-18 400 Meters 55.47

Enoch Andrews - 7

8U 400 Meters 1:36.81
8U 800 Meters 3:21.86

Khel Arvie - 17

17-18- 4x400 3:20.10
A5 Relay
17-18- 4x800 10:00.00
A5 Relay
17-18 800 Meters 1:58.41
17-18 400 Meters 51.11

DaShone Beebe - 15

15-16- 4x400 3:24.00
A1 Relay
15-16 200 Meters
15-16 400 Meters 53.45
15-16 100 Meters 11.71

Eli Bonnie - 14

13-14 100m Hurdles
13-14 400 Meters 1:05.39
13-14 Triple Jump
13-14 Long Jump 14' 0.5

Brennen Botos - 16

15-16 Javelin
15-16 Discus
15-16 Shot Put
15-16 Hammer

Aiden Brown - 10

9-10 800 Meters 2:43.20
9-10 1500 Meters 5:35.95

Edward Bryant - 12

11-12 1500 Meters
11-12 800 Meters

Chase Corbins - 17

17-18 400 Meters 53.27
17-18 800 Meters 2:04.49
17-18- 4x400 3:20.10
A2 Relay
17-18- 4x800 10:00.00
A1 Relay

Joshua Dowdell - 16

15- 4x100 *Host*
16-A1 Relay *selected seed*
15-16 Long Jump 19' 1.5
15-16 200 Meters 22.77
15-16 100 Meters 11.15

Cole Drew - 12

11-12 200 Meters
11-12 400 Meters

Marquette Duncan - 18

17-18 400m Hurdles
17-18 110m Hurdles
17-18 400 Meters
17-18 100 Meters

Dominique Eaglin Jr - 15

15-16 200 Meters
15-16 110m Hurdles 18.67
15-16 400m Hurdles 1:09.23

Khalil Eggins - 12

11-12 100 Meters
11-12 Long Jump 9' 8.5

Marshall Fair III - 18

17-18 400m Hurdles
17-18 Long Jump
17-18 400 Meters

Kai Fontenot - 17

17-18- 4x400 3:20.10
A1 Relay
17-18 200 Meters 21.83
17-18 100 Meters 10.77

Finn Galyean - 18

17-18 110m Hurdles 14.30
17-18 100 Meters 11.21

John Patrick Hall - 16

15-16 400 Meters 52.60
15-16 200 Meters 23.29
15- 4x100 *Host*
16-A4 Relay *selected seed*
15- 4x400 3:24.00
16-A3 Relay

Javerion Johnson - 18

17-18- 4x400 3:20.10
A3 Relay
17-18 200 Meters
17-18 400 Meters 51.10

Alex Jolissaint - 13

13-14 200 Meters 28.48
13-14 100 Meters 12.92
13-14 400 Meters 1:13.31

Charlie Jolissaint - 16

15-16 400 Meters 51.26
15-16 200 Meters 22.51
15- 4x100 *Host*
16-A2 Relay *selected seed*
15- 4x400 3:24.00
16-A2 Relay

Jayden Jones - 14

13-14 Long Jump 14' 0
13-14 200 Meters 29.66
13-14 100m Hurdles 20.71

Jacob Journet - 17

17-18 Triple Jump 36' 9
17-18 Long Jump 18' 1

Derek Kately Jr - 18

17-18 100 Meters 11.59
17-18 200 Meters 23.13

Bo Kleinpeter - 11

11-12 1500 Meters 6:33.88
 11-12 800 Meters 3:00.34

Brock Kleinpeter - 11

11-12 3000 Meters 14:19.11
 11-12 High Jump 3' 7.75
 11-12 1500 Meters 6:52.98

Harrison Lalande - 16

15-16 200 Meters 23.80
 15-16 400 Meters 53.25
 15- 4x100 *Host*
 16-A3 Relay *selected seed*
 15- 4x400 3:24.00
 16-A4 Relay

Patrick Lundy Jr - 18

17-18 100 Meters
 17-18 200 Meters
 17-18 Long Jump
 17-18 Triple Jump

Terry Matthews - 17

17-18 200 Meters 24.18
 17-18 100 Meters 11.44
 17-18 110m Hurdles 14.80

Kaiden Monroe - 12

11-12 100 Meters
 11-12 200 Meters

Tyler Mouton - 17

17-18 100 Meters 11.59
 17-18 400 Meters 57.95
 17-18 200 Meters 24.62

Jacques Parmis - 15

15-16 200 Meters 25.09
 15-16 400 Meters 56.12

Weston Patton - 13

13-14 800 Meters 3:04.10
 13-14 1500 Meters 6:26.85

Aayden Paul - 12

11-12 1500 Meters 6:42.73
 11-12 Shot Put 18' 10.75
 11-12 Discus

Zaiden Paul - 9

9-10 Javelin 71' 7.5
 9-10 200 Meters 31.97
 9-10 100 Meters 14.00

Ivory Payne - 18

17-18- 4x800 Relay 10:00.00
 A3
 17-18 800 Meters 2:01.35
 17-18 400 Meters 52.59

Jaydan Pitre - 9

9-10 200 Meters 31.79
 9-10 100 Meters 15.27

Joshua Pitts - 17

17-18 200 Meters
 17-18 400 Meters
 17-18 High Jump

Elijah Polite-Warren - 13

13-14 Javelin
 13-14 Discus
 13-14 Shot Put

Devin Pollard - 18

17-18 400 Meters
 17-18 Shot Put
 17-18 Decathlon
 17-18 Javelin
 17-18 Discus

Cameron Reid-LeDoux - 16

15-16 400 Meters 58.99
 15-16 200 Meters 25.52

Kayden Robinson - 12

11-12 Long Jump
 11-12 Javelin
 11-12 Shot Put

Kendon Robinson - 10

9-10 100 Meters
 9-10 200 Meters
 9-10 Long Jump

Kylin Robinson - 14

13-14 200 Meters
 13-14 400 Meters
 13-14 Long Jump

Gordon Rush - 17

17-18 400m Hurdles 1:03.70
 17-18 Javelin 131' 6.75
 17-18- 4x800 Relay 10:00.00
 A2
 17-18 800 Meters

Jax Rush - 14

13-14 Discus 98' 7
 13-14 Shot Put 36' 7
 13-14 100 Meters 13.88

Aidan Sam - 14

13-14 Long Jump 16' 10
 13-14 200 Meters 26.09
 13-14 100 Meters 12.28

Asher Sims - 11

11-12 800 Meters 3:00.84
 11-12 1500 Meters

Tyler Thomas - 17

17-18 200 Meters
 17-18 100 Meters

Jack Torrance - 16

15-16 Hammer
 15-16 Shot Put 48' 6.5
 15-16 Discus 155' 7

Jarrold Triggs - 18

17-18 400 Meters 53.18
 17-18 200 Meters 23.72
 17-18- 4x400 Relay 3:20.10
 A4

Jayden Walker - 18

17-18- 4x800 Relay 10:00.00
 A4
 17-18 400m Hurdles 1:04.80
 17-18 800 Meters
 17-18 400 Meters 53.44

Ryker Washington - 17
17-18 200 Meters 24.03
17-18 100 Meters 11.43

Andrew White - 12
11-12 3000 Meters 10:25.71
11-12 1500 Meters 4:51.95
11-12 800 Meters 2:27.03

Sherman Zeigler - 18
17-18 Shot Put 42' 4

Womens

Zoe Arceneaux - 13
13-14 100m
Hurdles
13-14 200 Meters 29.00
13-14 Long Jump 13' 3
13-14-
A5 4x400 Relay 4:30.00

Jase Armstrong - 14
13-14 Long Jump 13' 0
13-14 100 Meters 15.02
13-14 200 Meters 32.20

Miya Battley - 17
17-18 Triple Jump 33' 3.5
17-18 Long Jump 14' 11
17-18 High Jump 5' 0

Addisyn Botos - 18
17-18 Hammer
17-18 Javelin 84' 2
17-18 Discus 92' 3
17-18 Shot Put 31' 11

Mollie Botos - 12
11-12 800 Meters
11-12 1500 Meters
11-12 3000 Meters

Kennedy Cawthorne - 15
15-16 Javelin 41' 9.25
15-16 100m Hurdles
15-16 200 Meters 31.80

Trenatee Citizen - 14
13-14 200 Meters
13-14 100 Meters

Lola Coghlan - 12
11-12 800 Meters 3:08.37
11-12 400 Meters 1:16.90

Lucy Cramer - 15
15- 2k 6:53.23
16 Steeplechase

Zoe Davis - 12
11-12 100 Meters 17.11
11-12 200 Meters
11-12 Long Jump 8' 6

Mary Elizabeth DeCuir - 11
11-12 400 Meters 1:11.72
11-12 High Jump 3' 10

Laila Duhon - 16
15-16 200 Meters
15-16 400 Meters 1:11.15
15-16-
A2 4x400 Relay 4:10.00

Serenity Early - 14
13-14 200m Hurdles 28.84
13-14 100m Hurdles 15.43
13-14 100 Meters 12.45
13-14 200 Meters 26.04

Madison Easley - 14
13-14 1500
Meters 5:24.43
13-14 800 Meters 2:21.54
13-14-
A4 4x400 Relay 4:30.00

London Elder - 8
8U 200 Meters 39.30
8U 100 Meters 18.60

Tiffany Foxworth - 15
15-16 100 Meters 12.64
15-16 200 Meters 26.95

Caley Griffin - 17
17-18 200 Meters 27.84
17-18 100 Meters 13.73

Jaylah Hill - 14
13-14 100 Meters 13.36
13-14 200 Meters 27.52

Kimora Hughes - 17
17-18 100 Meters 13.26
17-18 200 Meters 27.13
17-18 Long Jump 16' 7.25
17-18 400m Hurdles

Isabella Jones - 9
9-10 400 Meters
9-10 800 Meters

Jaelyn Jones - 17
17-18 400 Meters
17-18-
A1 4x400 Relay 4:05.00
17-18 200 Meters 27.76
17-18 Long Jump

A'miya Kerlegan - 15
15-16-
A3 4x400 Relay 4:10.00
15-16 200 Meters 29.62
15-16 400 Meters 1:07.96

Kristen Kerlegan - 13
13-14 100 Meters 14.20
13-14 200 Meters 29.80
13-14 400 Meters 1:13.93

Rilee Kimble - 15
15-16 100 Meters 13.49
15-16 200 Meters 28.20
15-16 400 Meters 1:09.14

Jayla King - 16
15-16 400 Meters 1:00.84
15-16 800 Meters 2:32.27
15-16-
A4 4x400 Relay 4:10.00

Mikayla Kleinpeter - 14
13-14 400 Meters 1:07.45
13-14 Pentathlon
(Outdoor)
13-
14- 4x400 Relay 4:30.00
A1

13-14 High Jump 4' 8
13-14 Long Jump 14' 10

Aniyya Lavan - 17

17-18 Long Jump 19'
6.25
17-18- 4x400 4:05.00
A2 Relay
17-18 High Jump 5' 1
17-18 400 Meters 1:00.69

Asia Little - 7

8U 100 Meters 17.20
8U 200 Meters 39.10

Ra'Nyia Livingston - 14

13-14 100 Meters 14.23
13-14 200 Meters 30.60

Lyric Louis - 14

13-14 100 Meters 12.71
13-14 200 Meters
13-14 Long Jump
13-14- 4x400 4:30.00
A2 Relay

Morgan Martinez - 12

11- Pentathlon
12 (Outdoor)
11- Long Jump 12'
12 7.25
11- Javelin 72' 2
12
11- Shot Put 23'
12 7.5

Treasure Matthews - 17

17-18 100 Meters 13.49
17-18 Long Jump 15' 9

Kennedy Papillion - 17

17-18- 4x400 Relay 4:05.00
A5
17-18 High Jump 5' 6
17-18 400m
17-18 Hurdles
17-18 400 Meters 1:04.69

Bree Parms - 16

15-16 Shot Put 22' 1.75
15-16 Discus 55' 4.5

15-16 Javelin 49' 6.5

Trenati Pitre - 16

15-16 200 Meters
15-16 100 Meters 12.60

Peyton Poirier - 16

15-16 100 Meters 12.45
15-16 200 Meters 26.78

Baileigh Price - 11

11-12 200 Meters 32.45
11-12 400 Meters 1:11.41

Kai Richard - 16

15-16 Shot Put 33' 0
15-16 Discus 117' 1

Nyla Riggins - 15

15-16 100 Meters 12.61
15-16 200 Meters 26.04
15-16- 4x400 Relay 4:10.00
A5
15-16 400m
15-16 Hurdles

Rylee Riggins - 8

8U 200 Meters 34.75
8U 100 Meters 16.30

Izabella Robinson - 12

11-12 200 Meters 32.35
11-12 100 Meters 15.47

Sophia Runnels - 17

17-18 Shot Put 29' 5.5
17-18 Javelin 91' 6.5

Jordyn Rush - 12

11- Pentathlon
12 (Outdoor)
11- High Jump 4' 4
12
11- Javelin 65'
12 1

Kristen Sam - 17

17-18 High Jump
17-18 Long Jump
17-18 Heptathlon
17-18 100m Hurdles 18.09

17-18 100 Meters 13.73

Jerny Stevens - 15

15-16- 4x400 4:10.00
A1 Relay
15-16 100 Meters 12.90
15-16 200 Meters 26.84
15-16 400 Meters 1:03.43

Alexandria Stewart - 18

17-18 100 Meters 12.70
17-18- 4x400 4:05.00
A3 Relay
17-18 400 Meters 57.97
17-18 200 Meters 25.45

Amalia Terry-Lee - 14

13-14 100 Meters 12.99
13-14 200m
13-14 Hurdles
13-14 200 Meters 25.25
13-14- 4x400 Relay 4:30.00
A3

Emma Torrance - 10

9-10 Javelin
9-10 Shot Put 20' 10

Jai'nya Triggs - 18

17-18 400 Meters 1:03.11
17-18- 4x400 4:05.00
A4 Relay
17-18 200 Meters 26.83

Layla Turner - 7

8U 100 Meters 18.32
8U 200 Meters 41.80
8U Long Jump 9' 4.25

Mary Emery Valluzzo - 12

11-12 1500 Meters
11-12 800 Meters 3:01.47

Lara Warner - 15

15-16 100 Meters
15-16 200 Meters

Cadence Washington - 14
13-14 200 Meters 31.82
13-14 100 Meters 14.74

Jaicee Wessinger - 10
9-10 100 Meters 16.33
9-10 200 Meters 34.10

Hyacinth Williamson - 14
13-14 100m Hurdles
13-14 200m Hurdles 29.58
13-14 Long Jump 16' 2.5