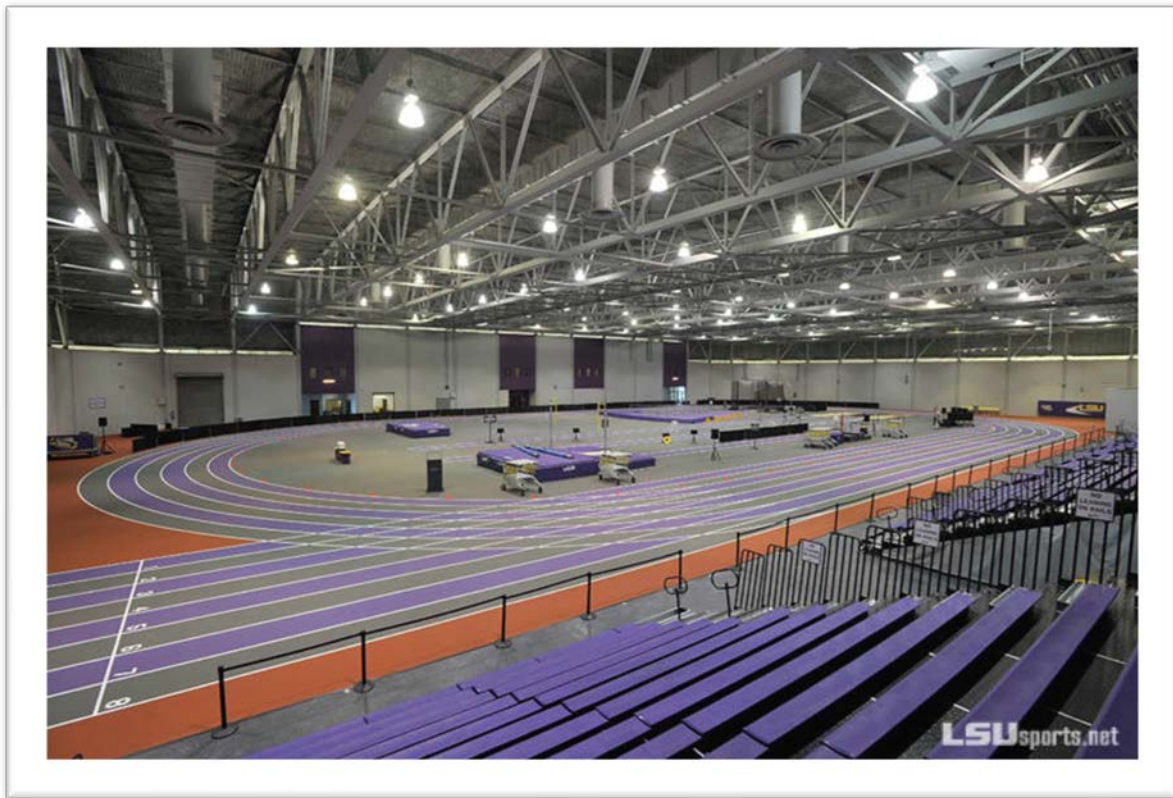


MEET INFORMATION

2020 USATF Southern Association Open & Master Championship



February 1, 2020

Carl Maddox Field House, LSU
Baton Rouge, LA



Meet Director: Byron Turner

Ph: 225-892-3489

Email: byronturner@usexpresstrackclub.org

ENTRY INFORMATION AND INSTRUCTION

AGE DIVISIONS

	YEARS BORN
Open	18yrs and older
Masters	30 years and older

Entry Procedure

1. All entries will be done electronically through www.athletic.net or by using the registration form included.
2. Entry Deadline is **January 29, 2020 at 10pm.** Entries may be made as early as **November 20th**. You may make changes as often as you wish until the entry deadline.
3. No Faxed, mailed or phoned entries will be accepted after the deadline.

Entry Fees

1. Entry fees for masters and open athlete will be **\$25.00** per athlete which include relays

PACKET PICKUP

Coaches can pick up their team's meet packet at check in area identified in Southwest Portal (athletes and coaches entrance) of the Field house at least 1 ½ hour prior to the start of the first event. Unattached athletes should collect their packets from same area during same time.

AWARDS

Medals will be awarded to the top 3 finishers in every age group.

MEET PACKETS

Packets will include heat sheets, time schedule, athlete and coaches wrist bands and/or bib numbers.

MEET ADMISSION

General Public Admission cost is **Free.**

ATHLETE CHECK-IN

Running Events: Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal).

Field events: Athletes must check in 15 minutes prior to the start of their event with the Head Judge of that event at the event site.

Relay Events: Relay teams should check in one event prior to their own event at the check-in area (Clerk of Course, in the Northwest Portal). Relay teams should pick up a relay card in the Clerking area, fill it out, and turn it in to the clerk of course.

IMPLEMENT INSPECTION

Throwing implements will be inspected in the Northwest Portal of the Field House. Inspections will begin 1½ hours prior to the event and conclude ½ hour prior to the event. Implements will be transported to the event area one half hour prior to the event's starting time.

WARMUPS

Running Events: Warm ups for all running events will be on grass field outside the Northwest Portal of the Field house.

Field Events: Athletes will have access to field event venues for warm ups approximately 45 minutes prior to the scheduled start of competition. Warm ups for field events will be terminated ten minutes prior to the scheduled start of the event. In the high jump, measuring tapes may not be used within 30 minutes of starting time.



All events will follow age group order with all women age groups competing prior to men. Teams must be registered USATF teams prior to start of competition. If limited participants in respective age groups then meet director reserve to right to combine heats, however awards and scoring will be done based on age groups.

All running events will be finals with heats against times.

Field Events will be contested as follows:

- **Each Masters and Open entry will have 3 attempts in Preliminaries exception in the high jumps and pole vaults. There competition rules apply. Top 10 advance to finals. Once in final, 3 more attempts will be granted.**
 - **If less than 10 entries per age group, then all entries with a successful mark will be advanced to the final.**

**USATF Southwest Masters and Open
Indoor Track and Field Championships
Saturday, February 1, 2020**

**Carl Maddox Field House, LSU
Baton Rouge, LA**

Running Event Finals

2:00 pm	3000m
2:45 pm	60m Hurdles
3:00 pm	400m
3:45 pm	1600m Race Walk
4:00 pm	60m
4:45 pm	800m
5:00 pm	200m
5:30 pm	1600m
6:00 pm	4x400m Relay

Field Event

12:00 pm

Weight Throw

	Women		Men
19-49 yrs	20 lb	19-49 yrs	35 lb
50-59yrs	16 lb	50-59 yrs	25 lb
60-74yrs	12 lb	60-69 yrs	20 lb
75+	4kg	70-79 yrs	16 lb
		80+	12 lb

2:00 pm

Long Jump

2:00 pm

Pole Vault

2:30 pm

Shot Put

	Women		Men
15-49 yrs	4 kg	15-18yrs	12lb
50-74 yrs	3kg	19-49 yrs	16 lb
75+	2kg	50-59 yrs	6 kg
		60-69 yrs	5 kg
		70-79 yrs	4 kg
		80+	3 kg

4:00 pm

High Jump

Triple Jump (Immediately following the Long Jump)

**USATF Southern Association Masters and Open
Indoor Track and Field Championships
Saturday, February 1, 2020**

**Carl Maddox Field House, LSU
Baton Rouge, LA**

Registration form MASTERS ONLY!!!!!!!

Entry fees: \$25 per athlete. Relays entries are Free. Relays will be declared upon call during the meet.

Pre-registration is required for the Hurdle event

ENTRIES CLOSE AT Noon on January 29, 2020

Name _____ DOB _____ Age on 2/1/20 _____ Sex _____

Address _____ City _____ State _____ Zip _____

Phone _____ USATF# _____

Club Name: _____

I hereby agree to release and discharge Southern Association of USATF and Louisiana State University, any of their agents or representatives, the participants of said meet and anyone connected with the meet from liability resulting from any accident and/or injury that I may sustain while competing or participating in said track and field meet.

Athlete's Signature _____ Date _____

Circle the events you want to enter and your best performance (if any) in the prior year:

60m _____ 800m _____ Long Jump _____ Weight Throw _____

60m Hurdle _____ 1600m _____ Triple Jump _____

200m _____ 3000m _____ High Jump _____

400m _____ 1600m R/W _____ Shot Put _____

Make checks payable to USATF SOUTHERN ASSOCIATION

Mail entry to: USATF Southern Association
Attn: Byron Turner
Post Office Box 46314
Baton Rouge, LA 70895