

Louisiana High School

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LOUISIANA HIGH SCHOOL INVITATIONAL GENERAL INFORMATION SHEET

1. The Louisiana High School Invitational will be held on Tuesday, April 23, 2024. There will be a coaches meeting at 3:15 pm at the finish line. Javelin will begin at 3:30 PM and other field events will begin at 4:00 PM; running events will begin at 4:30 PM. All events will be run as finals.
2. Entries will be made on [MOMileSplit](#). Live Results on [TRXC Timing](#)
3. [Click Here](#) for Heat and Flight Sheets
4. The deadline for entries is **Tuesday April 23th @9AM**
5. An athlete is limited to four events. All running, all fields, or any combination.
6. Medals will be awarded for the top four places in each event.
7. A school is limited to three (3) competitors per event, and one team per relay.
8. All pole vaulters' body weight must be included on the entry form. Vaulters' body weight must not exceed the manufacturer's weight on the pole. The coach must initial the event card prior to the meet.
9. Coaches and administrators are responsible for supervision. Please have your athlete's pick-up your team camp.
10. All contestants must wear official school uniform in accordance with the National Federation Track Rules.
11. Dressing facilities WILL NOT BE AVAILABLE. Please have your athletes dressed and ready to participate.
12. DO NOT BRING STARTING BLOCKS, they will be provided.
13. Meals will not be served, but a concession stand will be available.
14. The waterfall starting method will be used for the following: 800M run, 1600M run, 3200M run, 4x800M relay.
 12. Shot, discus, long jump, triple jump and javelin shall have four trials, no finals. Long jump and triple jump shall be run cafeteria style, with a one-hour time limit. Shot and discus shall be run three alive. A contestant may take two throws in a row. All shot and discus implements will be pooled. An athlete must pool their implements at the beginning of the event, and cannot take the implements until the event is completed.
13. We have some volunteers to help run events. Coaches will be asked to help where needed.
14. Buses park in the main high school parking lot.

Entry fees will be \$100.00 per team entered; \$200.00 for both boys and girls teams.

**Order of Events
LHS Invitational
4/23/24**

Javelin will start at 3:30 P.M.

All other Field Events – Start at 4:00 P.M.

Girls & Boys Javelin together
Girls Shot Put – Followed by Boy’s Shot
Boy’s Discus – Followed by Girl’s Discus
Girl’s High Jump – Followed by Boy’s High Jump
Boy’s Triple Jump – Followed by Girl’s Triple Jump
Girl’s Pole Vault & Boy’s Pole Vault Together
Girls’s Long Jump- Followed by Boy’s Long Jump

Finals (there will be no Prelims) begin at 4:30 PM and follow the following order (girls/boys) :

4X800 Meter Relay
100 HH/ 110 HH
100 Meter Dash
4X200 Meter Relay
1600 Meter Run
4X100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run
200 Meter Dash
3200 Meter Run
4X400 Meter Relay

[Click Here](#) for Heat/Flight Sheets

Questions please contact:

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