



# MEET INFORMATION

## 2014 Louisiana Governor's Games Open and Masters Track and Field Classic



June 14, 2014



Roscoe Moore Stadium, Southern University  
Baton Rouge, LA

Meet Director: Byron Turner

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## ENTRY INFORMATION AND INSTRUCTION

### AGE DIVISIONS

	<b>YEARS BORN</b>	<b>Age (As of date of June 14<sup>th</sup>)</b>
Open	1995 or earlier	19 yrs and older
Masters	1984 or earlier	30 yrs and older

### Entry Procedure

1. All entries will be done electronically through [www.coacho.com](http://www.coacho.com)
2. Entry Deadline is **June 11th at 10 pm.** Entries may be made as early as **Sunday, March 3rd.** You may make changes on line as often as you wish until the entry deadline.
3. No entries will be accepted after the deadline AND NO ON SITE REGISTRATION ALLOWED.

### Entry Fees

1. Entry fee for **athletes** will be **\$20.00** per athlete which includes cost for relays.

### PACKET PICKUP

Coaches can pick up their team's meet packet on west side of stadium 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

Awards will be given to the top 3 finishers in every age group.

### SANCTION

Event is being Sanction by USATF.

### MEET PACKETS

Packets may include heat sheets, time schedule, wrist bands and 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  
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.

## **WARMUPS**

Running Events: Warm ups for all running events will be outside on the grass field outside the stadium.

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.



## Meet Schedule June 14, 2014

### FIELD EVENTS (Open & Masters)

9:00 am	Hammer Throw women (men to follow)	final
9:30 am	Long Jump men (women to follow)	final
10:30 am	Shot Put women (men to follow) High Jump men (women to follow)	final final
12:00 pm	Javelin Throw women (men to follow) Pole Vault women (men to follow) Triple Jump men (women to follow)	final final final
2:30 pm	Discus Throw women (men to follow)	final
3:30 pm	Weight Throw	final

### RUNNING EVENTS

8:30 am	5000m Open/Masters	final
9:00 am	4x100m Relays Open/Masters/Special	final
9:10 am	400m Open/Masters	final
9:30 am	Special 1500m Walk/Run	final
10:00 am	Special 50m	final
10:15 am	100m Open/Masters/Special	final
10:45 am	1500m Open/Masters	final
11:00 am	100m/110/80 Hurdles Open/Masters	final
11:15 am	3000m Race Walk Open/Masters/Special	final
11:45 am	200m Open/Masters	final
12:15 pm	300m/400m Hurdles Masters/Open	final
12:45 pm	800m Open/Masters	final
1:00 pm	4x400m Relay Open/Masters	final

LOUISIANA GOVERNOR'S GAMES OPEN AND MASTERS TRACK AND FIELD CLASSIC  
Southern University  
Baton Rouge, LA

## Registration form (Masters Only)



Entry fees: \$20 per athlete.

Pre-registration is required for the Hurdle event  
ENTRIES CLOSE AT 10:00PM on JUNE 11, 2014

USATF cards are required and must be obtain prior to JUNE 14, 2014.

Name \_\_\_\_\_ DOB \_\_\_\_\_ Age on 6/14/2014 \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Team (If applicable): \_\_\_\_\_

I hereby agree to release and discharge U.S. Express Track Club and Southern 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 this year:

Discus _____	Pole Vault _____	5000M _____	80/100/110 HH _____
Shot Put _____	1500 RW _____	1500M _____	300/400 IH _____
Javelin _____		800M _____	4x100 Relay _____
Long Jump _____		400M _____	4x400 Relay _____
Triple Jump _____		200M _____	4x800 Relay _____
High Jump _____		100M _____	

### Make checks payable to US Express Track Club

**Mail entry to:** US Express Track Club  
Post Office Box 46314  
Baton Rouge, LA 70895