

McNeese State University Track and Field



**INDOOR
Meet Information**

**2014
Cowboy Indoor
Invite III**

(University Division) February 15th , 2014

Entry Information

Meet Classifications

The McNeese Indoor Invite, on February 15th, 2013 will be a college-only meet. Unattached athletes will be permitted by permission of meet management.

How to Enter

1. Entries will be processed through www.directathletics.com, or www.cfpitiming.com
Please access our meet at either website. Entry fees will be paid upon arrival at the meet at the packet pick-up site. You should set up your account in advance to avoid any problems.
2. Entry **Deadline** is **11:30 PM Tuesday February 11th**, 2013.
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

\$375 per team, Schools entering both Men and Women will be \$750.

*** THIS IS FOR ALL TEAMS REGARDLESS OF CLASSIFICATION***

Make Checks payable to: **“McNeese Foundation”**

Unattached Athletes Need to contact Meet Management for Entry Verification
And Will be required to pay online @ www.directathletics.com
\$25 per athlete, per event

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 you 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 9:00 am. 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 Up-Stairs should check in up-stairs. Access to track will be at the North end of the facility. Check in downstairs will be at the starting line. Listen for Calls. 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 12 advancing to the final based on time.

Horizontal jumps - Minimum Marks with Prelims & Top 8 advancing to Finals.

Women: 4.80m (LJ), 10.34m (TJ) **Men:** 6.40m (LJ), 13.59m (TJ)

Throws - Minimum Marks with Prelims & Top 9 advancing to Finals.

Women: 10.10m (Shot), 13.72m (Weight) **Men:** 12.20m (Shot), 13.72m (Weight)

** Depending on entries minimum marks are subject to change**

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.

Limited Entry Events 3 athletes per school

Triple Jump and **Long Jump** will be limited to **3 athletes per team** to keep the schedule rolling.

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

“NO METAL SPIKES ALLOWED IN ARENA”**Meet Schedule****Field Event**

9:00 AM	Weight Throw	Women	Prelims & Finals
9:00 AM	Shot Put	Men	Prelims & Finals
11:00 AM	Weight Throw	Men	Prelims & Finals
11:00 AM	Shot Put	Women	Prelims & Finals
1:00 PM	Long Jump	Women	Prelims & Finals
2:00 PM	Pole Vault	Women	Finals
2:30 PM	Long Jump	Men	Prelims & Finals
3:00 PM	High Jump	Women	Finals
4:00 PM	Triple Jump	Women	Prelims & Finals
4:00 PM	Pole Vault	Men	Finals
4:00 PM	High Jump	Men	Finals
5:00 PM	Triple Jump	Men	Prelims & Finals

Running Events**(Down Stairs)**

1:00 PM	55m Hurdles	W/M	Prelims (12 Advance)
	55m Dash	W/M	Prelims (12 Advance)
3:30 PM	55m Hurdles	W/M	Final (A&B)
	55m Dash	W/M	Final (A&B)

(Up Stairs)

12:30 PM	DMR	W/M	Final
2:00 PM	1 mile	W/M	Final
	400 Meters	W/M	Final

800 Meters	W/M	Final
200 Meters	W/M	Final
1000 Meters	W/M	Final
3000 Meters	W/M	Final
4x400 Relay	W/M	Final

*Running events will go on a rolling schedule.

*Schedule is subject to change.

McNeese Indoor Rec Complex Records

MEN'S RECORDS

55 Meter Dash: 6.1,	Brian Cooper, McNeese 1987; Verril Young, unattached 1991; Ruel Paul, USL 1991
55 Hurdles: 6.99,	Derrick Ford, Southern, 1993
200 Meters: 22.64	Keenan Jackson, Northwestern, 2012
400 Meter Dash: 48.3,	Tom Williams, Jackson State 1990
800 Meter Run: 1:51.8,	Alfredo Lahuerta, Houston Baptist, 1985
1000 Meters: 2:27.0,	Sammy Skimhfast, Houston Baptist, 1986
1 mile Run: 4:06.19,	Alex Bruce-Littlewood, McNeese State, 2011
3000 Meter Run: 8:10.9,	Roger Solar, UT San Antonio, 1985
3200 Meter Run: 8:39.1,	Roger Solar, UT San Antonio, 1983
Two Mile Run: 8:31.5,	Chris Bloor, Stephen F. Austin 1984
Three Mile Run: 14:05.4,	Daniel Laquerre, 1981
4x400 Meter Relay: 3:15.3,	USL (1991)
3200 Meter Relay: 7:34.6,	Houston Baptist (1987)
Distance Medley: 10:15.42,	McNeese State. 1996
Shot Put: 61-0,	Kevin Toth, unattached 1992
Weight Throw: 63'11.7"	Adonson Shallow, SELA 2011
Long Jump: 26-1,	Brian Cooper, McNeese State, 1985
Triple Jump: 51-1,	Mdhlongwa, USL, 1995
High Jump: 7-2,	Michael Roberson, McNeese State, 1996
Pole Vault: 17-3,	Jacob Davis, Orangefield High School, 1995

WOMEN'S RECORDS

55 Meter Dash: 6.8,	Theresa Neighbors, UT San Antonio (1990); Sheryl Wilson, unattached, 1991
55 Hurdles: 7.77,	Latey Davenport, Southern, 1993
200 Meters: 25.01,	Ashleigh Wells, McNeese 2012
400 Meter Dash: 56.61,	Amaka Richardson, Unattached, 2012
800 Meter Run: 2:11.80,	Beverly Harrington, unattached, 1996
1600 Meter Run: 5:00.4,	Becky Brooks, Lamar, 1986
3000 Meter Run: 9:29.94,	Sarah Salmon, McNeese 1997
3200 Meter Run: 10:33.9,	Jody Duston, UTSA 1988
5000 Meter Run: 19:00.34,	Keri Ange, McNeese 1993
Two Mile Run: 11:35.2,	Liz Unkel, McNeese 1988
4x400 Meter Relay: 3:53.6,	San Jacinto, 1988
3200 Meter Relay: 9:25.7,	UT San Antonio, 1987

Distance Medley: 12:17.19,
Shot Put: 50'.4",
Weight Throw: 66'8.5"
Long Jump: 20-1,
Triple Jump: 40-8,
High Jump: 5-9,
Pole Vault: 12' 11.5"

Univ. of Mobile 1998
Tracey Rew, Northwestern St., 2011
Kristal Kostiew-Yush, NYAC, 2011
Paula Andrews, Prairie View 1991
Cheryl Henry, Northeast La., 1986
Presley, Lamar, 1990
Erica Bartolina unattached 2010