

# **McNEESE STATE TRACK AND FIELD**



**McNEESE INDOOR I  
January 17<sup>th</sup>, 2026**

**MEET INFORMATION  
In State HIGH SCHOOL**

# Entry Information

## Meet Classifications

The *McNeese Indoor I*, on *January 17th, 2026* will be a High School-only meet. High Schools and high school aged club Teams from outside Louisiana may compete as per LHSAA Rule Book. High School Rules will be in effect. LHSAA Rules prevent Louisiana High School Athletes from competing as club athletes. Any clubs with Louisiana Athletes will be denied admission into the meet. All Louisiana Athletes must compete with their school affiliation

## How to Enter

- Entries will be processed through [www.directathletics.com](http://www.directathletics.com) . 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.
- Entry **Deadline is 11:30 AM Tuesday January 13<sup>th</sup> 2026.**
- You may make changes as often as you wish until the entry deadline
- **No faxed or phone entries will be accepted.**
- Entries will be posted on Thursday after 6pm at the McNeese Track and Field
- Website: [www.mcneesports.com](http://www.mcneesports.com) under meet info

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## ENTRY FEES

- **ENTRY FEES ARE CALCULATED at \$15.00 Per ATHLETE Per EVENT IN**
  - Example; 1 athlete in 3 events is \$45. Relays are considered 1 event entry.
  - There is no team fee cap. Do not email/call/etc.
  - All your scratches/adjustments need to be completed by the entry deadline.
  - Entry fees will NOT be adjusted if you do not bring entered athletes to the meet for any reason. If your team does not attend the meet, you will be required to pay the entry fee at the next meet you attend or an invoice for the entry fee amount will be sent to your school.
  - Payment will be accepted at packet pickup.
    - Only school checks, cash, and money orders will be accepted; purchase orders and personal checks will **NOT** be accepted. Make checks payable to **McNeese Athletic Foundation.**
    - Do not mail payment.

- Team packets will not be distributed without payment. No Exception

Clubs and Non LHSAA Teams will be required to pay online at time of entry

**LATE ENTRIES**

- **A school/club may submit late entries by Wednesday, January 14th by 12:00pm to McNeeseTrackandField@hotmail.com. Entries during this late period will be charged an additional late fee of \$50 per event. The late entry should include the school, gender, athlete’s name, event and mark. Late entries should be made in the following format; Team, Gender, Athlete, Event(s), Mark(s).**

**EXAMPLE**

- LATC, Female, Sally Runsfast 55m, 400m 7.56, 56.75

**Entry Limits:**

Long & Triple Jump events – maximum “2” athletes per team

3200m – maximum “2” athletes per team

Relays - maximum “1” relay per team 4x200m, 4x400m and 4x800m

All other events – maximum “3” athletes per team

**Minimum Marks (marks below minimum will not be recorded) \*Subject to change**

Long Jump / Triple Jump	Boys 18’/ 37’	Girls 14’/ 28’
Shot Put	Boys 40’	Girls 25’
High Jump	opening heights will be determined upon final entries submitted	
Pole Vault	opening heights will be determined upon final entries submitted	

**Pole Vault Certification**

- Pole vault athletes will need to bring the LHSAA approved Pole Vaulter’s Weight Verification Certification Form signed by the coach, athletic director, and the principal and turn it into one of the officials at the Pole Vault event area. The form is located on the last page of this meet information.

**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 Lake Charles Bypass (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 Lake Charles Bypass (Exit 34). Head west on the Bypass until your 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.

**Packet Pick-Up:** Packets can be picked up, prior to the competition, starting at 7:30 a.m. to 11:30 a.m. at the Main Entrance to the Recreation Complex.

**Meet Admission:** The meet will be open to the general public. Cost at the gate is \$10.00 per person, \$5.00 for children aged 12 and under.

**Coaches Wristbands:** Out of state teams will receive two wristbands for coaches/support staff in their packet. Louisiana team coaches and support staff must present their LHSAA card and ID at the Admission Gate to receive a wristband.

Additional / lost wristbands can be purchased for \$10.00 at the registration table.

**Dressing Facilities:** Unfortunately, there will be no locker room or shower facilities available for this event.

**Food & Drink:** *No outside food or drink in the Facility* will be permitted in McNeese State Recreation Complex. Concessions will be available downstairs at the North end of the area. All team food and drink must be kept downstairs in the Recreation Complex. Only water is permitted upstairs.

**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 be on a **rolling time 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 6 advancing to the final. All field events will be treated as finals, athletes will be given 4 attempts.

**Implement Weigh-In:** Implements may be weighed in the near the shot ring at the NORTH END of the Arena. 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.

**Further Information:** If you have any questions, do not hesitate to contact the McNeese Track and Field Office at: (337) 475-5278 / (337) 475-5204 or [mcneesetrackandfield@hotmail.com](mailto:mcneesetrackandfield@hotmail.com)

## **FACILITY REGULATIONS**

### **FLOORING**

- The McNeese Recreation Complex has undergone some major renovations since the we last hosted indoor meet. This includes a brand new rubber flooring down stairs. We have navigated the logistics in order to bring these meets back. We ask that you and your athletes follow the rec complex rules.

### **SPIKES**

- All spikes must be checked in upon entering the arena and a proper tag must be displayed during competition. With the installation of a new track surface upstairs spikes will now be permitted for the upstairs events **ONLY**.

- Acceptable spikes:  $\frac{1}{4}$  inch pyramids **ONLY**.



$\frac{1}{4}$ " Spikes will **ONLY** be permitted for the following events:

- 4 x 800 meter relay
- 4 x 200 meter relay
- 1600 meters
- 400 meters
- 800 meters
- 3200 meters
- 4 x 400 meter relay
- Long Jump (must remain in area only)
- Triple Jump (must remain in area only)
- Pole Vault (must remain in area only)
- High Jump (must remain in area only)

- **55m / 55mH NO SPIKES or plastic plate shoes, Rubber Soled Shoes only**

**FAILURE TO COMPLY WILL RESULT IN DISQUALIFICATION FROM THE MEET**

### **TAPE**

- Tape for any marking on the track surface must be white athletic tape. NO other tape will be allowed. Chalk is prohibited for any marking. No TAPE on the arena floor downstairs.

### **HYDRATION**

- Water is the only permitted drink allowed on the rubber surface



# McNeese Indoor I (High School) Meet Schedule

## Field Event

9:00 AM	Shot Put	Boys	Finals	4 Attempts
9:00 AM	Shot Put	Girls	Finals	4 Attempts
9:00 AM	Long Jump	Girls	Finals	4 Attempts
9:00 AM	High Jump	Boys	Finals	
10:30 AM	High Jump	Girls	Final	
11:00 AM	Long Jump	Boys	Final	4 Attempts
12:00 PM	Pole Vault	Girls	Final	
1:00 PM	Triple Jump	Girls	Final	4 Attempts
2:00 PM	Pole Vault	Boys	Final	
2:30 PM	Triple Jump	Boys	Final	4 Attempts

## Running Events

### NO METAL SPIKES (Down Stairs) NO METAL SPIKES RUBBER SOLED SHOES ONLY

1:00 PM	55m Hurdles	G/B	Prelims	(6 Advance)
	55m Dash	G/B	Prelims	(12 Advance)
2:30 PM	55m Hurdles	G/B	FINALS	
	55m Dash	G/B	Semis	(6 advance)
3:00 PM	55m Dash	G/B	FINALS	

### (Up Stairs)

10:00 AM	4 x 800m	G/B	Final	Sections against time
11:30 AM	4 x 200m	G/B	Final	Sections against time
	1600m	G/B	Final	Sections against time
	400 Meters	G/B	Final	Sections against time
	800 Meters	G/B	Final	Sections against time
	3200 Meters	G/B	Final	Sections against time
	4x400 Relay	G/B	Final	Sections against time

\*Running events will go on a rolling schedule.

\*Schedule is subject to change.

# McNeese State University

## Pole Vault Progressions

### Men

3.70m	12' 1.67" HS
3.85m	12' 7.57" HS
4.00m	13' 1.48" HS
4.15m	13' 7.39" HS
4.30m	14' 1.29" HS
4.45m	14' 7.20"
4.60m	15' 1.10"
4.75m	15' 7.01"
4.90m	16' 0.91"
5.00m	16' 4.85"
5.10m	16' 8.79"
5.20m	17' 0.72"
5.30m	17' 4.66"
5.40m	17' 8.60"
5.50m	18' 0.54"

### Women

2.60m	8' 6.36" HS
2.75m	9' 0.27" HS
2.90m	9' 6.17" HS
3.05m	10' 0.08"
3.20m	10' 5.98"
3.35m	10' 11.89"
3.50m	11' 5.80"
3.65m	11' 11.70"
3.75m	12' 3.64"
3.85m	12' 7.57"
3.95m	12' 11.51"
4.05m	13' 3.45"
4.15m	13' 7.39"
4.20m	13' 9.25"
4.25m	13' 11.25"



## McNeese High School 1 Meet Records

### Boys

55m	Jarreth Rougeau	6.52	Barbe	2011
200m	Jeremy Davis	23.33	Natchez	2011
400m	Na’Ryan Delone	49.86	Glen Oaks	2024
800m	Cameron Farris	1:57.29	Pineville	2017
1600m	Jacob Daigle	4:32.23	Assumption	2016
3200m	Jeffery Kelley	9:49.47	Catholic Baton Rouge	2016
55m Hurdles	Jayden Keys	7.52	Keys Track Club	2023
4x200m	Scotlandville	1:30.80		2025
4x400m	Natchez	3:28.92		2012
4x800m	Texas Greyhounds	8:20.11		2024
High Jump	Zaveral Jackson	6-04”	St. Thomas Aquinas	2011
Pole Vault	Garvin Maximus	16-4.75”	Joquain	2025
Long Jump	Tevon Remo	22-9.25”	Captain Shreve	2011
Triple Jump	Ferzell Shepard	48-3.5”	Scotlandville	2025
Shot Put	Cedric Paul	57-0.25”	Franklin	2014

### Girls

55m	Markeriah Harris	7.18	Scotlandville	2023
200m	Rashion Tabias	26.81	L.W. Higgins	2011
400m	Kenndi Burks	55.73	Barbe	2025
800m	Kelsi Lyons	2:18.85	Lafayette	2011
1600m	Lucy Kramer	5:02.32	Parkview	2025
3200m	Angelle Primeaux	11:29.12	Lafayette	2017
55m Hurdles	Markeriah Harris	8.35	Scotlandville	2023
4x200m	Scotlandville	1:40.51		2023
4x400m	Parkview	4:07.21		2025
4x800m	St. Joesph’s	9:58.08		2023
High Jump	Alicia Myles	5-05”	Edna Karr	2020
Pole Vault	Whitney Adams	11-5.75”	Vinton	2013
	Addison Martinez		Jennings	2012
Long Jump	A’Shyria Burns	18-2”	Holy Savior Menard	2024
Triple Jump	Demetria Harris	37-7.5”	Huntington	2024
Shot Put	Nya Terrell	40-07”	Scotlandville	2020

## POLE VAULTER'S WEIGHT VERIFICATION FORM

TO ALL MEMBER SCHOOLS - Member schools will be required to process the Pole Vaulters' Weight Verification Form listing each student participating in the pole vault event. This form is to be on file in the Athletic Director's Office prior to a pole vaulter's first interscholastic competition.

School \_\_\_\_\_

Name of Vaulter

Weight\*

Pole Rating

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**\*Includes full competition uniform and footwear**

Date \_\_\_\_\_ Signature of Principal \_\_\_\_\_

Date \_\_\_\_\_ Signature of Athletic Director \_\_\_\_\_

Date \_\_\_\_\_ Signature of Coach \_\_\_\_\_

### NOTE TO SCHOOL OFFICIALS

Please review the following National Federation rules regarding the pole vault event:

Rule 6-5-19: Taping of any part of the hands or fingers shall not be permitted unless there is an open wound that must be protected by tape. Taping of the wrist is permissible. Gloves are not permitted; however, the use of forearm cover to prevent injuries is permitted. Competitors may use chalk or an adhesive or similar substance such as rosin on their hands or directly on the pole during competition.

Rule 6-5-3: The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturer's must include on each pole; the pole rating that shall be a minimum of  $\frac{3}{4}$ -inch in a contrasting color, located within or above the top hand hold position; a one-inch circular band indicating the maximum top hand hold position with the position being determined by the manufacturer. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

Rule 6-5-4: A competitor shall not use a variable weight pole, a pole which is improperly marked or a pole rated below his or her weight during warm-up or competition. NOTE: Altering the pole in any fashion renders it illegal. **PENALTY: Disqualification from the event.**

Rule 6-5-5: Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment as per Rule 6-5-3. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of  $\frac{3}{4}$  inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

Rule 6-5-27h: It is a foul if the competitor grips the pole above the top handhold band.

**PLEASE MAKE COPIES - THIS FORM SHOULD BE KEPT ON FILE AND COMPLETED EACH SCHOOL YEAR**