

# **JIM MIZE INVITATIONAL MEET INFORMATION**



**APRIL 19, 2025  
LOUISIANA TECH  
UNIVERSITY**

## **ENTRIES**

Entries are due on April 14, 2025 at 5:00pm. Entries will be ONLINE ONLY through [www.directathletics.com](http://www.directathletics.com). There will be a \$700 per team entry fee (men and women are considered separate teams). Payment can be made through [www.directathletics.com](http://www.directathletics.com) or at packet pickup. Checks should be made payable to Louisiana Tech, cash will not be accepted.

## **MEET SITE**

Competition will take place at the Jim Mize Track and Field Complex located at 1312 W Alabama Ave, Ruston, LA 71277.

## **ATHLETE CHECK-IN**

Running Events: Athletes must check in one event prior to their own event at the check-in area (Clerk of Course, under the check-in tent). Relay teams must turn in a relay card when they check in at the Clerk of Course.

Field Events: Athletes must check in with the head event official no less than 30 minutes prior to the start of their event at the event site.

## **FACILITY ACCESS**

Team access to the Jim Mize Track and Field Complex will begin 1.5 hours prior to the first event.

## **HEAT SHEETS & LIVE RESULTS**

Heat sheets will be in your packet at packet pickup. Live results will be provided by AdkinsTrak Timing Associates. Live results will be posted at [results.adkinstrak.com](http://results.adkinstrak.com). Meet results will be posted immediately after races and events are concluded.

## **MEET ADMISSION**

Admission to the Jim Mize Invitational is free of charge.

## **PARKING**

Parking is available around the Joe Aillet Athletic Complex. Buses should park in the lot between Joe Aillet Stadium and the softball complex. Any illegally parked vehicles may be subject to ticketing and towing.

## **PRACTICE**

The Jim Mize Track and Field Complex will be open for practice Friday from 4:00pm-6:00pm. We will not accommodate requests for earlier or later practices outside the following times.

## **SCORING**

This will be a non-scoring meet.

**SPIKE CHECK**

Only 1/4" pyramid spikes are permitted (3/8" recessed pyramid spikes are permitted for High Jump & Javelin)

**STARTING HEIGHTS**

Starting heights will be determined based on entries for each event.

**TEAM CAMPS**

Team camps should be set up within the Jim Mize Track and Field Complex. Please avoid setting up team camps in the Hammer Throw, Javelin, or Discus competition fields.

**WARM UPS**

Running Events: Grass area on the backside of the track behind the team camps or on the outside of the track competition area. The infield should NOT be used as an athlete warm-up area. The infield doubles as the javelin competition area. THIS AREA IS VERY UNSAFE AND IS OFF LIMITS.

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.

**WEIGH-INS**

Implement inspections will be held in the equipment room next to the track. Inspections for all throwing events will begin 2 hours prior to the scheduled start of competition. All implements need to be inspected no later than 1 hour prior to the scheduled start of competition. Implements will be transported to the event site 45 minutes prior to the scheduled start of competition.

**FURTHER INFORMATION**

For further information contact Halle McClintock at [hallem@latech.edu](mailto:hallem@latech.edu)

## **TENTATIVE MEET SCHEDULE**

### **Field Events**

<b>Time</b>	<b>Event</b>	<b>Division</b>	<b>Round</b>	<b>Advance</b>
8:00am	Javelin	Women	Trials & Final	9
10:00am	Javelin	Men	Trials & Final	9
10:00am	Hammer Throw	Women	Trials & Final	9
12:00pm	Hammer Throw	Men	Trials & Final	9
12:00pm	High Jump	Women	Trials & Final	9
12:30pm	Long Jump	Women	Trials & Final	9
12:30pm	Long Jump	Men	Trials & Final	9
1:00pm	Discus	Men	Trials & Final	9
1:00pm	Shot Put	Women	Trials & Final	9
2:30pm	High Jump	Men	Final	
3:00pm	Discus	Women	Final	
3:00pm	Shot Put	Men	Trials & Final	9
3:00pm	Triple Jump	Men	Trials & Final	9
3:00pm	Triple Jump	Women	Trials & Final	9

### **Running Events**

<b>Time</b>	<b>Event</b>	<b>Division</b>	<b>Round</b>
11:30am	Senior Recognition		
11:55am	National Anthem		
12:00pm	4 x 100 Meter Relay	Women	Final
12:10pm	4 x 100 Meter Relay	Men	Final
12:20pm	1500 Meters	Women	Final
12:35pm	1500 Meters	Men	Final
12:55pm	100 Meter Hurdles	Women	Final
1:10pm	110 Meter Hurdles	Men	Final
1:25pm	400 Meters	Women	Final
1:40pm	400 Meters	Men	Final
1:55pm	100 Meters	Women	Final
2:10pm	100 Meters	Men	Final
2:25pm	800 Meters	Women	Final
2:35pm	800 Meters	Men	Final
2:50pm	400 Meter Hurdles	Women	Final
3:00pm	400 Meter Hurdles	Men	Final
3:10pm	200 Meters	Women	Final
3:25pm	200 Meters	Men	Final
3:40pm	3000 Meters	Women	Final
3:55pm	3000 Meters	Men	Final
4:10pm	4 x 400 Meter Relay	Women	Final
4:25pm	4 x 400 Meter Relay	Men	Final