

McNEESE STATE **Track and Field**



COWBOY RELAYS
"BOB HAYES LA CHALLENGE"

March 10th, 2018

MEET INFORMATION
University

Entry Information

Meet Classifications

The Cowboy Relays, on March 10th, 2018 will be a College Only meet. Post Collegiate and Collegiate aged unattached athletes in individual events will be permitted. **Unattached athletes must be cleared by the meet director before registration.**

NCAA / LHSAA regulations **prohibit** High school and/or Middle School athletes from competing unattached in any McNeese Collegiate Home Competitions. **Unattached participants must email mcneesetrackandfield@hotmail.com the name of their high school, year of high school graduation and date of birth before receiving the password to enter on Direct Athletics.**

How to Enter

1. Entries will be processed through www.directathletics.com. Please access our meet at this website Entry fees will be paid upon arrival at the meet at the packet pick-up site. You should set up your account up in advance to avoid any problems.
2. Entry Deadline is 10:00 AM Tuesday, March 6th.
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.
5. ***NO CHANGES TO ENTRIES AFTER ENTRY DEADLINE***

You will be responsible for fees of all entered athletes. NO REFUNDS.

Entry Fees

\$300 per team, Schools entering both men and women \$600

Unattached entries will be \$25.00 per athlete per event payable online with directathletics

Make Checks payable to: **McNeese Foundation**

Meet Information

Meet Site

The Lena and Bill Henning Track and Field Complex is located just southeast of the McNeese Street and Common Street intersection. Parking is available in the lot on McNeese Street, north of the track. It is an 8-lane all-weather track.

Directions to the Track

Driving Directions from the East

Take Interstate Highway 10 west into Calcasieu Parish, Louisiana, then change to Lake Charles Bypass (Exit 25) when approaching Lake Charles. From Lake Charles Bypass, take exit 6A (Ryan Street) in Lake Charles. Turn left from the exit ramp onto Ryan Street and drive south for one mile. After you cross Sale Road, you will see the university on your left. Turn left on McNeese St. After you cross Common St. McNeese Track Complex will be on your RIGHT.

Driving Directions from the West

Take Interstate Highway 10 east into Calcasieu Parish, Louisiana, then change to Interstate Highway 210 when approaching Lake Charles. From Interstate Highway 210, take exit 6A (Ryan Street) in Lake Charles. Turn left from the exit ramp onto College Street and drive east for 1/10 of a mile to the intersection of College Street and Ryan Street. Turn right onto Ryan Street and drive south for one mile. After you cross Sale Road, you will see the university on your left. Turn left on McNeese St. After you cross Common St. McNeese Track Complex will be on your RIGHT.

Packet Pick-Up

Packets can be picked up prior to the competition starting at 8:00 am at the gate. Please have your entry fee with you when you pick up packet.

Meet Admission

The meet will be open to the general public. Cost at the gate is \$5 for adults and Free for children under 10.

Dressing Facilities

Unfortunately, there will be no locker room or shower facilities available for this event. The field house is off limits to all athletes and spectators.

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 should check in at the white tent, located on the northwest corner of the track, no later than 15 minutes prior to their event. The running events will go on a rolling schedule so be alert.

Qualifying

There will be no qualifying heats for the running events. All races are finals. In the field events, there will be trials with top eight advancing to finals.

Implement Weigh-In

Implements may be weighed in at the field house next to the track. They must be weighed in between 8:00 AM – 9:30 AM.

Starting Heights

Starting heights will be determined at the start of the event, depending on the field sizes and performances.

Warm-Up

Warm-up will not be allowed on the infield. There is a warm-up field located near the northwest corner of the track.

Scoring

Teams can enter up to 6 athletes per event. 3 athletes and 1 relay per school will score. We will use combined scoring male and female the overall winner will be crowned the “Bob Hayes Louisiana Challenge Champion”.

Further Information

If you have any questions, contact the McNeese Track and Field Office at (337) 475-5278 / (337) 475-5204 or mcneesetrackandfield@hotmail.com

Meet Schedule

Field Events

9:00 AM	Hammer	Men	Trials & Finals (East of football stadium)
To Follow Men	Hammer	Women	Trials & Finals (East of football stadium)
9:00 AM	Javelin	Women	Trials & Finals (Inside track)
11:00 AM	Javelin	Men	Trials & Finals (Inside track)
10:00 AM	Long Jump	Women	Trials & Finals
1:00 PM	Triple Jump	Women	Trials & Finals
12:00PM	Discus	Men	Trials & Finals
3:00PM	Discus	Women	Trials & Finals
10:00 AM	Long Jump	Men	Trials & Finals
1:00 PM	Triple Jump	Men	Trials & Finals
1:00 PM	Shot Put	Women	Trials & Finals
3:00PM	Shot Put	Men	Trials & Finals
11:00 AM	Pole Vault	Women	Final
1:00 PM	Pole Vault	Men	Final
2:00 PM	High Jump	Women	Final
3:00 PM	High Jump	Men	Final

TM

Running Events

12:00PM	4x200m relay	W then M
	4x800m relay	W then M
	400m Hurdles	W then M
	4x100m	W then M
	3000m	W then M
	100m	W then M
	Sprint Medley (2,2,4,8)	W then M
	100m Hurdles	W
	110m Hurdles	M
	1500m	W then M
	4x400m relay	W then M

*A Tentative Schedule will be released before the meet

*Schedule is subject to change.

McNeese Cowboy Relays "Bob Hayes Louisiana Challenge Meet Records

Men

100m	Quinn-Lee Ralph	10.22	Wiley	2016
200m	Justin Walker	21.44	Northwestern State	2010
400m	Charles Green	47.33	Northwestern State	2011
800m	Brooks LeCompte	1:54.91	Unattached	2011
1500m	Matt Rice	3:56.01	UL-Lafayette	2015
Mile	David Rooney	4:11.26	McNeese State	2011
3000m	Nathan Jones	8:32.06	McNeese State	2017
5000m	Tallam Kipruto	14:49.65	Unattached	2011
110m Hurdles	Ryan Fotenot	13.77	Unattached	2017
400m Hurdles	Mychal Word	52.54	Shreveport Speed	2016
3000m SC	Johnathon Koenck	9:20.23	McNeese State	2010
4x100m	Northwestern St	40.11		2017
4x200m	Grambling	1:24.44		2013
4x400m	SE Louisiana	3:10.61		2017
4x800m	Wiley	7:47.27		2017
SMR	Wiley	3:23.25		2016
High Jump	Kadarius Williams	2.12m	Unattached	2013
Pole Vault	Cameron Meyer	5.35m	Unattached	2015
Long Jump	Kartavius Hamilton	7.56m	McNeese State	2015
Triple Jump	Aaron Williams	15.65m	Northwestern State	2014
Shot Put	Albert Fournette	18.87m	UL-Lafayette	2014
Discus	Jason Morgan	63.50m	Jamaica	2015
Hammer	Justin Victor	66.96m	US Express Elite	2016
Javelin	Ben Chretien	71.74m	McNeese Alumni	2016

Women

100m	Chastity Riggins	11.57	unattached	2013
200m	Samantha Woodburn	23.61	Southwest Christian	2011
400m	Patrica Hall	53.99	Elite Performance TC	2011
800m	Andrea Warren	2:16.69	Northwestern State	2010
1500m	Amy Talbot	4:41.89	McNeese State	2011
Mile	Amy Talbot	5:09.81	McNeese State	2012
3000m	Katja Woelfl	10:05.71	McNeese State	2017
5000m	Amy Guinn	17:20.53	McNeese State	2010
100m	Alexia Fortenberry	13.40	New Orleans	2015
400m Hurdles	Consuela Lindsay	1:00.53	Northwestern State	2014
3000m SC	Katarina Caraway	12:03.33		2011
4x100m	McNeese State	45.87		2013
4x200m	McNeese State	1:38.66		2013
4x400m	Northwestern State	3:46.67		2011
4x800m	Northwestern State	9:33.03		2012
SMR	Wiley	4:04.25		2016
High Jump	Quanese Jones-Young	1.70m	Northwestern St	2017
	Lindsey Harmon		UL-Lafayette	2014
Pole Vault	Nicole Casper	4.05m	McNeese State	2015
Long Jump	Stacy Imagbe	6.26m	UL-Lafayette	2015
Triple jump	Tarvia Conway	12.29m	UL-Lafayette	2014
Shot Put	Lakeitha Elmore	15.24m	UL-Monroe	2010
Discus	Alexis Gordon	51.50m	UL-Monroe	2016
Hammer	Jermisha Frazier	59.77m	SE Louisiana	2015
Javelin	Ashley Aldredge	49.50m	Northwestern State	2012