LHSAA 3A - Region 3 Track and Field Championships 2026

Date/Site: Wednesday, April 29
"Hoss" Memtsas Stadium
West Jefferson High School
2200 8th St., Harvey, LA

Facilities: 8 Lane Mondo Track – Wear ¼" (6mm) or smaller spikes

Fees: Admission $10.00 -12 and under are free. (**Cash will not accepted at the gate**) https://gofan.co/event/6537328?schoolId=LA69642

Team entry: $130 for all schools or $25 per athlete if your school has fewer than 5 participants. Checks made payable to **Patrick Taylor Academy**

Awards: Team: Regional Champion & Runner Up boys and girls
Outstanding track and field boy and girl (total points) plaque
MVP Most Points Combined Field and Running or any outstanding accomplishment achieved agreed upon by the coaches.
Medals for top 3 finishers in each event
Individual a**wards will be claimed at the awards tent in the endzone.**

Time Schedule:

12:00	Coaches Meeting
12:15	Implement Weigh In
1:00	Field Events
5:15	Running Events

Scoring:

Individual Event	10 – 8 – 6 – 4 – 3 – 2 – 1
Relay	10 – 8 – 6 – 4 – 2

Teams:

7-3A
Berwick*
Donaldsonville
Patterson
St. James

8-3A
Albany
Amite
Bogalusa
Doyle
Jewel Sumner*
Pine & Springfield

9-3A
Fisher
Haynes Academy
Jefferson Rise Charter
Patrick Taylor Academy*
Thomas Jefferson

10-3A
Acad. of Sacred Heart*
Booker T. Washington
Cabrini
De La Salle
John F. Kennedy
Livingston Collegiate
Lord Beaconsfield Landry
Morris Jeff
Sophie B. Wright
Ursuline Academy

*Head Coach Jury of Appeals

STADIUM SECURITY POLICY

- **Jefferson Parish Attestation Form must be completed and signed before entering the stadium.**
- Coaches, athletes and managers will receive wristbands to be granted field level access.
- Athletes will be allowed to warm-up on the infield 2 events before their event. Not bags on the infield.
- Only water will be allowed on the infield.
- Food, gum, candy, and seeds are not allowed on the infield.
- When not participating, athletes **must** remain in the team area. Team areas will be in designated areas in the stands.
- Coaches and athletes will be issued wristbands to have field level access during the meet

LHSAA District/Regional Bulletin
https://www.lhsaa.org/siteuploads/lhsaa/20578_pdf_2026-lhsaa-boys---girls-district-regional-track-bulletin---final.pdf

Registration:

- All entries will be automatically updated from your district results posted on LAMileSplit.com
- There will be no scratch meeting for the Regional meet. Schools that qualify contestants from the district meet to the regional meet shall declare by 12:00 noon two (2) days prior to the regional meet any scratches for those qualifying to the regional meet. It will be the responsibility of the school that scratches a contestant to notify the alternate school qualifier by 12:00 noon two (2) days prior to the regional meet. Schools failing to scratch contestants prior to 12:00 noon two (2) days prior to the regional meet shall be fined $50 per contestant unless a letter from a doctor or the principal stipulates that the contestant was unable to compete due to medical reasons or other unusual circumstances. Scratches to the regional meet shall be emailed to the host school on school letterhead signed by the head coach.

General Information:

1. Starting heights for high jump and pole vault will be 2 inches lower than the lowest height turned in.
2. Throws and Horizontal Jumps – 3 preliminary jumps/throws, 3 final jumps/throws, top 7 advance to final.
3. Weighing of implements will take place 45 minutes before the start of field events.
4. Uniforms must comply with rules and regulations of NFHS and the LHSAA.
5. Relay participants: Each school should list 4 runners and 4 alternates a total of 8 entries. Please see LHSAA Bulletin for relay alternate information.
6. Protests will be officiated by the Jury of Appeals.

7. Athletes will be allowed to warm-up on the infield. When not participating, athletes **must** remain in the team area. Team areas will be in designated areas in the stands.

8. Exchange zones:

4 x 800-meter relay -	all exchanges	Blue to blue triangles
4 x 200-meter relay -	Zone 1 & Zone 2	Green to green triangles
	Zone 3	Yellow to yellow triangles
4 x 100-meter relay -	all exchanges	Yellow to yellow triangles
4 x 400-meter relay -	all exchanges	Blue to blue triangles

9. Starts:

4x800 relay, 1600 meter and 3200-meter run	- waterfall
800 meter	- 1 turn stagger
1600-meter relay	- 3 turn stagger

10. **Exchange Zones: Need Volunteers to judge exchange zones**

    4x200

    Exchange 1 – _____

    Exchange 2 – _____

    4x100

    Exchange 1 – _____

    Exchange 2 – _____

    Exchange 3 – _____

    4x400 - _____

    4x800 - _____

11. Meet Officials:
    a. Meet Director: Brad Womack
    b. Timer: Dave Svoboda
    c. Field Referee: Mark Faliveno
    d. Running Referee: Warren Lind
    e. Jury of Appeals: Greg Caro (ASH-NOLA), Blake Wilson (Jewel Summner), Paul Gilder (Berwick), Brad Womack (Patrick Taylor).
    f. Starter: Dave Svoboda

HURDLE FLIGHT ASSIGNMENTS

Patrick Taylor volunteers will put out the hurdles.

Region III-AAA Track and Field Championship Meet
4/29/2026
Time Schedule

12:00 COACHES MEETING - Locker Room

12:15 IMPLEMENT WEIGH IN - White Tent in Endzone

Event Responsibilities: Chipped Timing will provide workers to run the field events

1:00	BOYS DISCUS	GIRLS JAVELIN
	BOYS HIGH JUMP	GIRLS LONG JUMP
		GIRLS POLE VAULT
2:15	BOYS JAVELIN	GIRLS SHOT PUT
	BOYS LONG JUMP	GIRLS HIGH JUMP
	BOYS POLE VAULT	
3:30	BOYS SHOT PUT	GIRLS DISCUS
	BOYS TRIPLE JUMP	GIRLS TRIPLE JUMP

5:15 RUNNING EVENTS (GIRLS Followed by BOYS)
Running events will not begin until all field events are completed. May start earlier or later depending on time

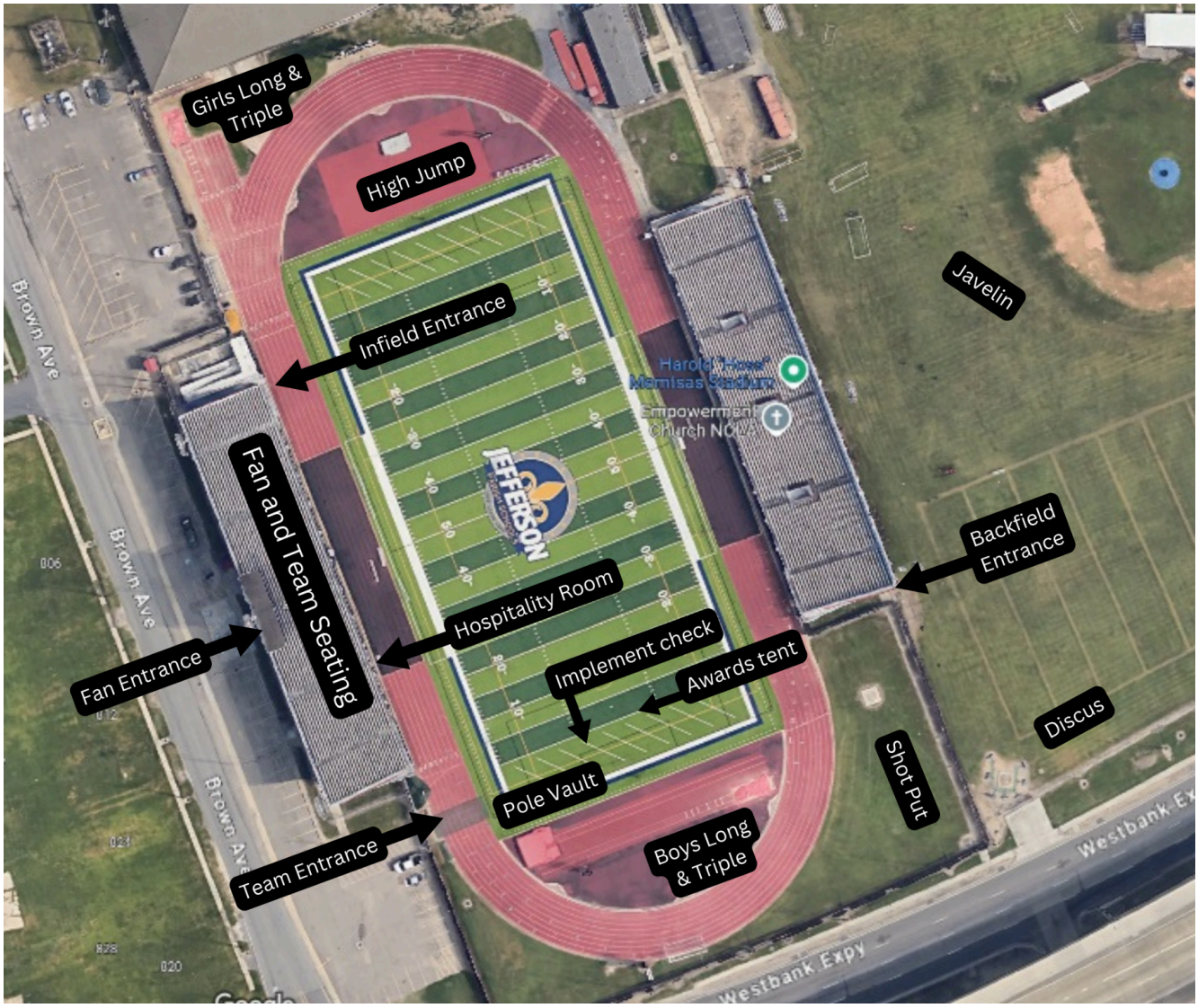
5:15	4 x 800m Relay
5:40	100m/110m Hurdles
5:55	100m Dash
6:05	4 x 200m Relay
6:15	1600m Run
6:30	4 x 100m Relay
6:40	400m Dash
6:50	300m Hurdles
7:10	800m Run
7:25	200m Dash
7:40	3200m Run
8:10	4 x 400m Relay

Questions can be directed to:
Brad Womack
Athletic Director, Patrick F. Taylor Academy
(504) 292-3776 - cell
(504) 561-3322 - athletics
brad.womack@jpschools.org

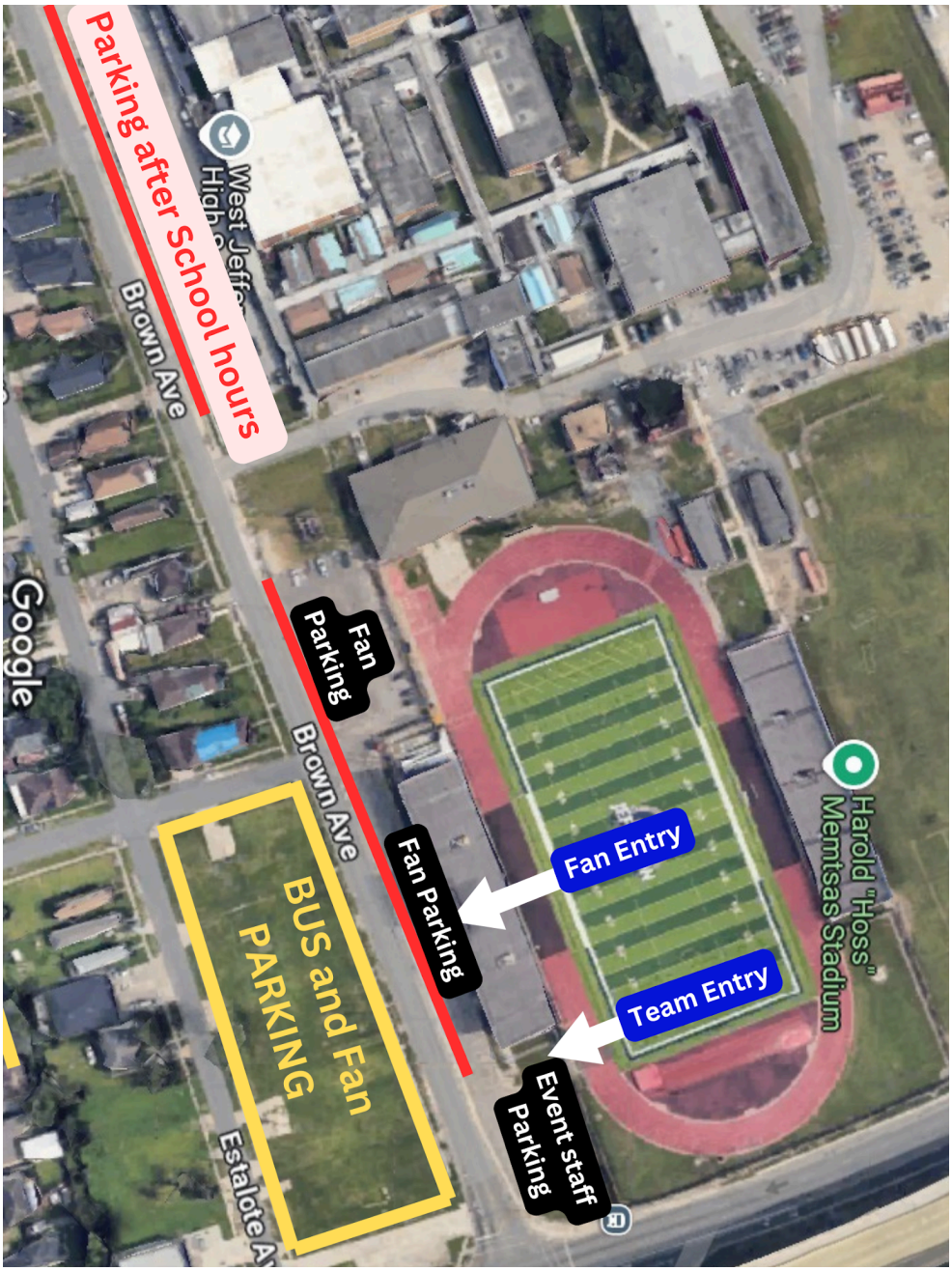
Hoss Memtsas Track Markings

EVENT	START	EXCHANGE ZONE / HURDLE EXCHANGE
4 x 800 Relay	White	Waterfall
100-meter hurdles Girls	White	Yellow – 10 Hurdlers 33”
110-meter hurdles Boys	White	Blue – 10 Hurdles 39”
100-meter dash	White	
4 x 200 Relay	Green	Zone 1 & Zone 2 - Green to green triangles Zone 3 - Yellow to yellow triangles
1600-meter	White	Waterfall
4 x 100-meter Relay	White	Yellow
400-meter	Yellow	
300-meter LH Girls	White	Red – 8 Hurdles 30”
300-meter IH Boys	White	Red – 8 Hurdles 36”
800-meter dash	White	Break line Green, first turn
200-meter dash	White	
3200 meter run	White	Waterfall
4 x 400-meter	Blue	Blue - 3 turn stagger @ Green break line

Event Locations:



Parking:


Parking after School hours
Brown Ave
Google
Fan Parking
Brown Ave
Fan Parking
BUS and Fan PARKING
Fan Entry
Team Entry
Event staff Parking
Harold "Hoss" Memtsas Stadium