

OLE MISS HOME TRACK MEET

APRIL 17-18, 2004 / Mississippi Invitational
& Heptathlon

MEET INFORMATION

Date: April 17th (all events & 1st day of Heptathlon)
April 18th (2nd day of Heptathlon ONLY)

Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium.

Directions: Exit Coliseum Drive off of Highway 6, turn north past the Gillom Women's Complex. At the four way stop, veer right onto Hill Drive, take the 3rd right, which is about 600 meters and you will see the track on the right.

Schedule: See attached.

Facility: The track is nine 48" lanes. We have 2 shot areas, 2 discus areas, 2 hammer areas, a large "D" area. There are 8 possible Pole Vault areas to take advantage of the wind.

Competition Surface: The track surface, long jump, high jump, pole vault and javelin runways are Mondo. ***One quarter inch cone spikes are MANDATORY***; and are the ONLY spikes allowed. The throwing circles are brushed concrete.

Entry Fee: \$100.00 per team, Men and Women teams will be separate or \$10.00

per individual per event. Checks should be made payable to The University of Mississippi. You may also pay when you arrive on Saturday.

- Entry Deadline: All entries are on-line - cfpitiming.com
April 17th Meet - Deadline is Thursday, April 15th at 3:00 p.m. There will be no scratches and declarations. What have in the system as of the cutoff time will be your entries. You can make changes and add's up till the cut off times for the registration. **THERE WILL BE NO ADDITIONS OR CHANGES THE DAY OF THE MEET.**
- Meet Format: In running events, sections by time will be run with each event to be a final. In field events the top 9 will advance to final. In high jump, staging heights will be determined after review of entries.
- Scoring: Per NCAA Rules. April 17th is normal invitational scoring.
- Timing: Timing will be FAT/ Lynx System.
- Rules: All NCAA rules apply.
- Check In: The Clerk of the Course will be set up at the starting line to hand out hip numbers. Athlete's are responsible for their section/race. There will be no hesitations to run the section/race. Heat sheets will be posted.
- Heat Sheets/Results: Heat sheets will be in each teams packet, which will be

available at 8:30 a.m. Results will be posted after each event is final. Ole Miss Media Relations will provide a packet with results for each team.

Implement Weigh In: All implements will be certified and weighed in at the shed during the following times. Shed is located on the Northwest corner of track.

Women's Hammer / Men's Javelin
7:45-
8:30
a.m.

Men's Hammer / Women's Javelin
8:30-
10:00
a.m.

Discus
9:30-
11:00
a.m.

Shot Put
9:35-
11:00
a.m.

Implements will be impounded and taken to the site of competition one-half hour prior to the start of the competition.

Training Area: Trainers please contact Kevin Stoakes at 662/915-7246.

More Information: For more information or answers to any questions, please call the Ole Miss Track Office (662/915-7538).

Women's Heptathlon on April 17th & 18th ONLY:
One the first day of the women's heptathlon, we

will simply have those events as part of the regular schedule. The final 3 events will be held at 2:00p.m. on Sunday, April 18th.

**2004 OLE MISS
HOME MEET SCHEDULE**
April 17th & April 18th

| | |
|------------|--|
| 10:00 a.m. | Women's Hammer Men's Javelin |
| 11:30 a.m. | Men's Hammer Women's Javelin |
| 12:00 noon | Women's 5000 Women's Long Jump Women's Pole Vault Men's Long Jump |
| 12:30 p.m. | Men's 5000 |
| 12:50 p.m. | Women's 4 x 100 Relay |
| 1:00 p.m. | Men's 4 x 100 Relay Women's Shot Put Men's Discus |
| 1:10 p.m. | Women's 1500 |
| 1:20 p.m. | Men's 1500 |
| 1:35 p.m. | Women's 100 Hurdles |
| 1:50 p.m. | Men's 110 Hurdles |
| 2:00 p.m. | Men's & Women's High Jump |
| 2:00 p.m. | Women's 400 |
| 2:10 p.m. | Men's 400 |
| 2:25 p.m. | Women's 100 |
| 2:30 p.m. | Men's & Women's Triple Jump Men's Pole Vault |
| 2:35 p.m. | Men's 100 |
| 2:45 p.m. | Women's 800 |
| 2:55 p.m. | Men's 800 |
| 3:00 p.m. | Men's Shot Women's Discus |
| 3:10 p.m. | Women's 400H |
| 3:20 p.m. | Men's 400H |
| 3:30 p.m. | Women's 200 |
| 3:40 p.m. | Men's 200 |
| 3:55 p.m. | Women's Steeple |
| 4:10 p.m. | Men's Steeple |
| 4:25 p.m. | Women's 4 x 400 |
| 4:30 p.m. | Men's 4 x 400 |

03/01/04