

OLE MISS HOME TRACK MEET

APRIL 2 -- 3, 2005 / Ole Miss Invitational &
Heptathlon
MEET INFORMATION

Date: April 2nd (all events & 1st day of
Heptathlon)
April 3rd (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
(the Gillom Women's Complex will be on
your left). 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 office building on the
right. Track is east of the office
building.

Schedule: See attached.

Facility: The track is nine 48" lanes. We
have 2 shot put areas, 2 discus areas, 2
hammer areas, and 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 -
cfpitting.com
April 2nd Meet - Deadline is Thursday,
March 31st at 3:00 p.m.
There will be no scratches and
declarations. What you enter on the
internet site will be final. Enter what
you plan to run. **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, starting
heights will be determined after review
of entries.

Scoring: Per NCAA Rules. April 2nd is all dual
meet scoring.

Timing: Timing will be via Lynx System.

Rules: All NCAA rules apply.

Check In: The Clerk of the Course will hand out
hip numbers at check in 15 minutes prior
to race. Athletes are responsible for
their section/race. There will be no
hesitations to run the section/race.
Heat sheets will be posted. Field events
check in with their flight.

Heat Sheets/Results: Heat sheets will be in each
team's 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. Results may also
be obtained via www.cfpitting.com.

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
Stokes at 662/915-1930.

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 2nd & 3rd 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 1:30 p.m. on
Sunday, April 3rd.

2005 OLE MISS
HOME MEET SCHEDULE
April 2nd & April 3rd

10:00 a.m.	Women's Hammer
	Women's Javelin
11:00 a.m.	Women's Long Jump

	Men's Long Jump
11:30 a.m.	Men's Hammer
	Men's Javelin
12:00 noon	Women's 5000
	Women's Pole Vault
12:30 p.m.	Men's 5000
1:00 p.m.	Women's 4 x 100 Relay
1:10 p.m.	Men's 4 x 100 Relay
	Women's Shot Put
	Men's Discus
1:20 p.m.	Women's 1500
1:30 p.m.	Men's 1500
1:45 p.m.	Women's 100 Hurdles
2:00 p.m.	Men's & Women's High Jump
2:05 p.m.	Men's 110 Hurdles
2:20 p.m.	Women's 400
2:30 p.m.	Men's & Women's Triple Jump
	Men's Pole Vault
2:35 p.m.	Men's 400
2:50 p.m.	Women's 100
3:00 p.m.	Men's Shot
	Women's Discus
3:05 p.m.	Men's 100
3:20 p.m.	Women's 800
3:40 p.m.	Men's 800
4:00 p.m.	Women's 400H
4:15 p.m.	Men's 400H
4:30 p.m.	Women's 200
4:50 p.m.	Men's 200
5:10 p.m.	Women's Steeple
5:25 p.m.	Men's Steeple
5:35 p.m.	Women's 4 x 400
5:45 p.m.	Men's 4 x 400

02/21/05