

OLE MISS HOME TRACK MEET

April 23, 2005 / MISSISSIPPI OPEN

Meet Information

- Date: April 23rd, 2005
- 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 -
www.cfpitiming.com
April 23rd Meet - Deadline is Thursday,
April 21st at 5:00 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: Non-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
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. Results
may also be obtained via
www.cfpitiming.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 the track.

Women's Hammer / Men's Javelin
9:45-10:30 a.m.

Men's Hammer / Women's Javelin
10:30-1:00 p.m.

Discus 10:30-1:00 p.m.

Shot Put 10:30-1:00 p.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).

**2005 OLE MISS
HOME MEET SCHEDULE
April 23RD**

12:00 p.m./noon	Women's Hammer Women's Javelin
1:00 p.m.	Women's Long Jump Women's Pole Vault Men's Long Jump
1:30 p.m.	Men's Hammer Men's Javelin
2:50 p.m.	Women's 4 x 100 Relay
3:00 p.m.	Men's 4 x 100 Relay Women's Shot Put Men's Discus Men's High Jump
3:10 p.m.	Women's 1500
3:20 p.m.	Men's 1500
3:30 p.m.	Men's Pole Vault
3:35 p.m.	Women's 100 Hurdles
3:50 p.m.	Men's 110 Hurdles
4:00 p.m.	Women's 400
4:10 p.m.	Men's 400
4:25 p.m.	Women's 100
4:30 p.m.	Men's & Women's Triple Jump Women's High Jump
4:35 p.m.	Men's 100
4:45 p.m.	Women's 800
4:55 p.m.	Men's 800
5:00 p.m.	Men's Shot Women's Discus
5:10 p.m.	Women's 400H
5:20 p.m.	Men's 400H
5:30 p.m.	Women's 200
5:40 p.m.	Men's 200
5:55 p.m.	Women's Steeple
6:10 p.m.	Men's Steeple
6:25 p.m.	Women's 4 x 400
6:30 p.m.	Men's 4 x 400
6:45 p.m.	Women's 5000
7:15 p.m.	Men's 5000