

OLE MISS INVITATIONAL

APRIL 12, 2008

MEET INFORMATION

- Date: April 12th
- Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium, but team parking will be in a lot on the East side of our track. SEE DIRECTIONS IN NEXT SEGMENT.
- Directions & Parking: Traveling on Hwy. 6, take the Old Taylor Road exit and park at the MDOT parking lot. Coming from the East (Pontotoc) take a right. The lot is almost directly across from your exit. Coming West (Batesville), you will take a left on Old Taylor and the lot is the first left after you cross the bridge. ALL BUSES, ETC. must park in the MDOT Parking Lot. If you park at the very end/back of the lot, you will see a foot path through the woods which will bring you to the back East Gate of the Ole Miss Track Facility. All coaches and athletes will enter through this gate ONLY.
- Schedule: See attached.
- Facility: The track is nine 48" lanes. The track surface, long jump, high jump, pole vault and javelin runways are Mondo Super X. One quarter inch cone PYRAMID or CHRISTMAS TREE spikes are MANDATORY; and are the ONLY spikes allowed. Needle spikes are NOT allowed. The throwing circles are brushed concrete. **(we will have a limited amount of correct spikes available, but they will be expensive as we would prefer you come prepared).** 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. Long Jump and Triple Jump runways go both directions.
- 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
Meet Deadline is Thursday, April 10th, 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.

****** 'UNATTACHED' athletes must e-mail Sally Worsham (sally@olemiss.edu) to get permission to run; list events & times.
NO HIGH SCHOOL ATHLETES WILL BE ALLOWED TO PARTICIPATE.

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: Meet will NOT be scored.

Timing: Timing will be via Lynx System.

Rules: All NCAA rules apply.

Check In Clerking Changes: *Hip Number System* -- Athletes must pick up their hip number for running events at the Equipment Shed – White Tent area on the northeast corner of the track. They must have these when they report to their event and lane. Anchor legs of the relay are the only relay participants needing a hip number.
Running Events -- Athletes will go to your lane and heat number. No one will take you to the start.
Field Events -- Athletes report to their event site.
Heat sheets will be posted.

Heat Sheets/Results: Heat sheets will be in each team's packet, which will be available at 8:30 a.m. 04/18/08. 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.dpitiming.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 Kirk Emick at 662/915-1930 (cell 662/816-2332).

Coaches: We will provide lunch for your COACHING staff.

More Information:

For more information or answers to any questions, please call Sally
Worsham at the Ole Miss Track Office (662/915-7538) or email her:
sally@olemiss.edu.

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Schedule of Events

(changes – 04/01/08)

10:00 a.m.	Men's Hammer
10:00 a.m.	Women's Javelin
11:00 a.m.	Women's Long Jump
11:00 a.m.	Men's Long Jump
11:00 a.m.	Women's 100 Trials
11:15 a.m.	Men's 100 Trials
11:30 a.m.	Women's 100H Trials
11:30 a.m.	Women's Hammer (<i>follows men's—projected time</i>)
11:30 a.m.	Men's Javelin (<i>follows women's—projected time</i>)
11:45 a.m.	Men's 110H Trials
12:00 noon	Women's 5000
12:00 noon	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
1:10 p.m.	Women's Shot Put
1:10 p.m.	Men's Discus (<i>follows women's hammer-projected time</i>)
1:20 p.m.	Women's 1500
1:30 p.m.	Men's 1500
1:45 p.m.	Women's 100 Hurdles Finals
2:00 p.m.	Women's High Jump
2:05 p.m.	Men's 110 Hurdles Finals
2:20 p.m.	Women's 400
2:30 p.m.	Men's Pole Vault
2:35 p.m.	Men's 400
2:50 p.m.	Women's 100 Finals
3:00 p.m.	Men's Shot
2:00 P.M.	Women's Discus (<i>follows men's discus—projected time</i>)
3:05 p.m.	Men's 100 Finals
3:20 P.M.	Women's 800
3:30 p.m.	Men's and Women's Triple Jump
3:40 p.m.	Men's 800
4:00 p.m.	Men's High Jump (<i>follows women's HJ—projected time</i>)
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

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Please list all your Coaches, Trainers, and Administrators that will be traveling with your team for our April 12th home meet.

University/College: _____

Head Coach: _____

Asst. Coaches: _____

Trainer(s): _____

Administrator(s): _____

Please FAX to Sally Worsham (662) 915-7363 by April 2nd

**Please Note that we are
running trials in the 100 and
the 110/100 hurdles.**

**We will seed the 200's on meet
day. You must declare and
scratch these prior to a 3:15
p.m. deadline. That will allow
those who have run 400 and
100 and are now unable to run
200 to scratch and should make
for full fields.**