

OLE MISS INVITATIONAL

May 2, 2009
MEET INFORMATION

Date: May 2nd

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 Coliseum Drive exit; take your FIRST RIGHT, HILL DRIVE. The Track & Field Building is down on the right. You may drop your athletes off at the Track Parking Lot. ALL BUSES, ETC. must park in the Parking Lot that is located across the street from the Track Offices. All coaches and athletes will enter through the Right Front Gate at the Track & Field Offices to the track ONLY. Cars & Vans may park in the Track Parking lot if space is available.

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 30th 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; from April 27-30, 2009 ONLY.
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: This is an open competition meet
NO 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 at the Northeast Equipment Building **NO LATER THAN 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. 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 Equipment Building during the following times. Shed is located on the Northeast corner of track.

Men's Hammer / Women's Javelin	9:30-11:30 a.m.
Women's Hammer / Men's Javelin	11:00 a.m.-1:00 p.m.
Discus	12:00-2:30 p.m.
Shot Put	12:00-2:30 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 Kirk Emick at 662/915-1930 (cell 662/816-2332).

Coaches: We will provide 5:00 p.m. meal 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.