

# OLE MISS INVITATIONAL

April 9, 2011

## MEET INFORMATION

- Date: April 9, 2011
- Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium, but team parking will be in a lot across the street from the Track & Field Offices.
- 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. 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 (1/4" / 7mm) PYRAMID 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: \$150.00 per team, Men and Women teams will be separate or \$20.00 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](http://www.cfpitiming.com)  
Meet Deadline is Thursday, April 7<sup>th</sup> 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.**

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'UNATTACHED' athletes must e-mail Sally Worsham ([sally@olemiss.edu](mailto:sally@olemiss.edu)) to get permission to run; list events & times; from April 4-7, 2011 ONLY.  
NO HIGH SCHOOL ATHLETES WILL BE ALLOWED TO PARTICIPATE.

- Packet Pick Up: Packet Pick Up is at the front of the Main Office between 9:30 a.m.–1:00 pm. **YOUR** athletes must have a **WRIST BAND** to access the Track, IPF Practice Area, and to pick up their number. **NO ONE WILL BE ALLOWED TO COMPETE WITHOUT A WRIST BAND.**  
4X100 Relay Cards must be turned in at Timing Command Center by 12:45 p.m.  
4X400 Relay Cards must be turned in at Timing Command Center by 7:30 p.m.
- 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 FinishLynx 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.cfpitiming.com](http://www.cfpitiming.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.
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|--------------------------------|---------------------|
| Men's Hammer / Women's Javelin | 9:30-11:30 a.m.     |
| Women's Hammer / Men's Javelin | 11:00a.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: Hospitality will be open from 1:00 p.m.–5:00 p.m. 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](mailto:sally@olemiss.edu).

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## ***TENTATIVE*** -- **Schedule of Events**

10:00 a.m.	Men's Hammer
10:00 a.m.	Women's Javelin
11:00 a.m.	Women's 3K Steeple
11:25 a.m.	Men's 3K Steeple
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> )
11:30 a.m.	Men's Pole Vault
12:20 p.m.	National Anthem
12:30 p.m.	Women's Long Jump
12:30 p.m.	Men's Long Jump
12:30 p.m.	Women's 4 x 100 Relay
12:45 p.m.	Men's 4 X 100 Relay
12:55 p.m.	Women's 1500
1:15 p.m.	Men's 1500
1:30 p.m.	Women's Discus ( <i>follows women's hammer-projected time</i> )
1:30 p.m.	Men's Shot Put
1:40 p.m.	Women's 100 Hurdles
2:10 p.m.	Men's 110 Hurdles
2:30 p.m.	Women's 400
2:50 p.m.	Men's 400
3:00 p.m.	Women's High Jump
3:15 p.m.	Women's 100
3:30 p.m.	Women's Shot Put
3:45 p.m.	Men's 100
4:00 p.m.	Men's and Women's Triple Jump
4:05 p.m.	Women's 800
4:25 p.m.	Men's 800
4:30 p.m.	Men's Discus ( <i>follows women's discus-projected time</i> )
4:30 p.m.	Women's Pole Vault
4:55 p.m.	Women's 400 Hurdles
5:00 p.m.	Men's High Jump ( <i>follows women's HJ-projected time</i> )
5:15 p.m.	Men's 400 Hurdles
5:35 p.m.	Women's 200
6:10 p.m.	Men's 200
6:50 p.m.	Women's 5000
7:10 p.m.	Men's 5000
7:30 p.m.	Women's 4 x 400
7:40 p.m.	Men's 4 x 400

# **OLE MISS INVITATIONAL**

## **April 9, 2011**

*Please list all your Coaches, Trainers, and Administrators that will be traveling with your team for our April 9<sup>th</sup> home meet. This will be used for access to the hospitality area.*

University/College: \_\_\_\_\_

Head Coach: \_\_\_\_\_

Asst. Coaches: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Trainer(s): \_\_\_\_\_

\_\_\_\_\_

Administrator(s): \_\_\_\_\_

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*Please FAX to Sally Worsham (662) 915-7363 by April 7<sup>th</sup>*