

OLE MISS INVITATIONAL

March 31, 2012

MEET INFORMATION

- Date: March 31, 2012
- 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: \$200 per team, per gender, (\$400 combined Men & Women) 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
Meet Deadline is Thursday, March 29th 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. We have our entry deadline as late as possible in order to have 'NO' Meet Day Changes.

**** 'UNATTACHED' athletes must e-mail Sally Worsham (sally@olemiss.edu) to get permission to run; list events & times; from March 26-29, 2012 ONLY; \$20 per Individual. **NO** HIGH SCHOOL ATHLETES WILL BE ALLOWED TO PARTICIPATE.

Minimum Marks: MPV Starting Height 14'0"
WPV Starting Height 10'0"
Suggested Entry Marks: WSP-35', WDT-115', WHT-140', WJT-100'. MSP-40', MDT-130', MHT-140', MJT-130'.
In jumps & throws, we may limit the distance we measure if fields become too large.

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 12:15 p.m.
4X400 Relay Cards must be turned in at Timing Command Center by 7:15 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 provided by CFPI Timing

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.

- 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.
ALL Hammer & Javelin 8:30-11:30 a.m. (up to 30 min. before event)
ALL Discus & Shot Put 11:30 a.m.-2:30 p.m.
(**NO** implements weighted in after 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.

OLE MISS INVITATIONAL

March 31, 2012

3/6/2012 - Revised -- **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
2:00 p.m.	Men's High Jump
2:10 p.m.	Men's 110 Hurdles
2:30 p.m.	Women's 400
2:50 p.m.	Men's 400
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.	Women's High Jump (<i>follows men'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

March 31, 2012

Please list all your Coaches, Trainers, and Administrators that will be traveling with your team for our March 31st home meet. This will be used for access to the hospitality area.

(PLEASE PRINT OR TYPE)

Name of University/College: _____

(circle) Men and/or Women

Head Coach: _____

Asst. Coaches: _____

Trainer(s): _____

Administrator(s): _____

Please FAX to Sally Worsham (662) 915-7363 by March 28th