

OLE MISS HOME TRACK MEETS

APRIL 10, 2004 / Ole Miss Duel Meet Day

MEET INFORMATION

- Date: April 10TH
- Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium.
- Directions: Exit Coliseum Drive off of Highway 6, turn north past the Gillom Women's Complex. 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 on the right.
- Schedule: See attached.
- Facility: The track is nine 48" lanes. We have 2 shot areas, 2 discus areas, 2 hammer areas, 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-cfpitiming.com
Deadline is Thursday, April 8th at 3:00
p.m.

There will be no scratches and
declarations. What you send us will
be final and entered as of the cutoff
date and time. You can change and add
anything you want up till that time,
so please 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,
stating heights will be determined
after review of entries.

Scoring: Per NCAA Rules. April 10th is an all
dual meet.

Timing: Timing will be via FAT-Lynx System.

Rules: All NCAA rules apply.

Check In: The Clerk of the Course will be set up
at the starting line to hand out hip
numbers. Athlete's are responsible
for their section/race. There will be
no hesitations to run the
section/race. Heat sheets will be
posted.

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.

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
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 Kevin Stoakes at 662/915-7246.

More Information: For more information or answers to any questions, please call the Ole Miss Track Office (662/915-7538).

2004 OLE MISS HOME MEET SCHEDULE

April 10th

10:00 a.m.	Women's Hammer Men's Javelin
11:30 a.m.	Men's Hammer Women's Javelin
12:00 noon	Women's 5000 Women's Long Jump Women's Pole Vault Men's Long Jump
12:30 p.m.	Men's 5000
12:50 p.m.	Women's 4 x 100 Relay
1:00 p.m.	Men's 4 x 100 Relay Women's Shot Put Men's Discus
1:10 p.m.	Women's 1500
1:20 p.m.	Men's 1500
1:35 p.m.	Women's 100 Hurdles
1:50 p.m.	Men's 110 Hurdles
2:00 p.m.	Men's & Women's High ump
2:00 p.m.	Women's 400
2:10 p.m.	Men's 400
2:25 p.m.	Women's 100
2:30 p.m.	Men's & Women's Triple Jump Men's Pole Vault
2:35 p.m.	Men's 100
2:45 p.m.	Women's 800
2:55 p.m.	Men's 800
3:00 p.m.	Men's Shot Women's Discus
3:10 p.m.	Women's 400H
3:20 p.m.	Men's 400H
3:30 p.m.	Women's 200
3:40 p.m.	Men's 200
3:55 p.m.	Women's Steeple
4:10 p.m.	Men's Steeple
4:25 p.m.	Women's 4 x 400
4:30 p.m.	Men's 4 x 400

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