

OLE MISS DUAL MEET DAY

MARCH 25, 2006

MEET INFORMATION

Date: March 25th

Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium.

Directions: Exit Coliseum Drive off of Highway 6 (the Gillom Women's Complex will be on your left). 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 office building on the right. Track is east of the office building.

Schedule: See attached.

Facility: The track is nine 48" lanes. 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.

Competition Surface: The track surface, long jump, high jump, pole vault and javelin runways are Mondo Super X. **One quarter inch cone PYRAMID spikes are MANDATORY**; and are the ONLY spikes allowed. Needle spikes are **NOT** allowed. The throwing circles are brushed concrete. (SPIKES WILL BE SOLD AT MEET)

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, March 23rd 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.**

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: Per NCAA Rules., Meet will be scored as
multiple dual meets.

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 (near the start
of each race) 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, 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. Results may also
be obtained via www.cfpitiming.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 Anna
Martin at 662/915-1930.

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