

# OLE MISS INVITATIONAL

APRIL 8 & 9, 2006

MEET INFORMATION

- Date: April 8<sup>TH</sup> (2<sup>nd</sup> day of Heptathlon is on 9<sup>th</sup>)
- 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 3<sup>rd</sup> right, which is about 600 meters and you will see the track office building on your 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](http://www.cfpitiming.com)

Meet Deadline is Thursday, April 6<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.**

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.

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.efpfitiming.com](http://www.efpfitiming.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 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 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).

WOMEN'S HEPTATHLON - April 8, 9 : On the first day we will simply incorporate the events into the regular schedule. The final three events will be held at 1:30 p.m. on Sunday, April 9<sup>th</sup>.

**OLE MISS INVITATIONAL**  
**April 8, 2006**  
(Tentative Schedule)  
(May Change Due to Number of Entries)

10:00 a.m.	Men's Hammer Women's Javelin
11:00 a.m.	Women's Long Jump Men's Long Jump
11:30 a.m.	Women's Hammer Men's Javelin
12:00 noon	Women's 5000 Women's Pole Vault
12:30 p.m.	Men's 5000
1:00 p.m.	Women's 4 x 100 Relay Men's High Jump
1:10 p.m.	Men's 4 x 100 Relay Women's Shot Put Men's Discus
1:20 p.m.	Women's 1500
1:30 p.m.	Men's 1500
1:45 p.m.	Women's 100 Hurdles
2:05 p.m.	Men's 110 Hurdles
2:20 p.m.	Women's 400
2:30 p.m.	Men's & Women's Triple Jump Men's Pole Vault Women's High Jump
2:35 p.m.	Men's 400
2:50 p.m.	Women's 400
3:00 p.m.	Men's Shot Women's Discus
3:05 p.m.	Men's 100
3:20 p.m.	Women's 800
3:40 p.m.	Men's 800
4:00 p.m.	Women's 400H
4:15 p.m.	Men's 400H
4:30 p.m.	Women's 200
4:50 p.m.	Men's 200
5:10 p.m.	Women's Steeple
5:25 p.m.	Men's Steeple
5:35 p.m.	Women's 4 x 400
5:45 p.m.	Men's 4 x 400