

OLE MISS INVITATIONAL

APRIL 7, 2007

MEET INFORMATION

- Date: April 7th
- Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium.
- Directions & Parking: Traveling on Hwy. 6, take the Old Taylor Road exit and park at the MDOT parking lot. Coming from the East (Pontotoc) take a right. The lot is almost directly across from your exit. Coming West (Batesville), you will take a left on Old Taylor and the lot is the first left after you cross the bridge. **ALL BUSES, ETC.** must park in the MDOT Parking Lot. If you park at the very end/back of the lot, you will see a foot path through the woods which will bring you to the back East Gate of the Ole Miss Track Facility. **All coaches and athletes will enter through this gate ONLY.**
- 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 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) 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: \$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, April 5th, 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.**

****** 'UNATTACHED' athletes must e-mail Sally Worsham (sally@olemiss.edu) to get permission to run; list events & times. NO HIGH SCHOOL ATHLETES WILL BE ALLOWED TO PARTICIPATE.

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: Meet will **NOT** be scored.

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 Burns at 662/915-1930.

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

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Schedule of Events

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
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 Women's High Jump
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 Pole Vault
2:35 p.m.	Men's 400
2:50 p.m.	Women's 100
3:00 p.m.	Men's Shot Women's Discus
3:05 p.m.	Men's 100
3:30 p.m.	Men's and Women's Triple Jump Men's High Jump
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