

OLE MISS INVITATIONAL

MAY 3, 2008

MEET INFORMATION

- Date: May 3rd
- Site: The track is located off of Hill Drive, located south of Vaught-Hemingway Football Stadium, but team parking will be in a lot on the East side of our track. SEE DIRECTIONS IN NEXT SEGMENT.
- 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 or CHRISTMAS TREE 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: \$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, May 1st 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 bib 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 9:30 a.m. 5/3/08. 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.

Men's Hammer / Women's Javelin 10:00-11:30 a.m.

Women's Hammer / Men's Javelin 11:30 a.m.-1:00 p.m.

Discus 12:00-2:30 p.m.

Shot Put 12:00-2:30 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: We will provide lunch 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.

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TENTATIVE Schedule of Events *(updated 04/28/08)*

This very likely will change once entries are in !!!

11:30 a.m.	Men's Hammer
11:30 a.m.	Women's Javelin
1:00 p.m.	Women's Long Jump
1:00 p.m.	Men's Long Jump
1:30 p.m.	Women's Hammer <i>(follows men's—projected time)</i>
1:30 p.m.	Men's Javelin <i>(follows women's—projected time)</i>
2:00 p.m.	Women's 5000
2:00 p.m.	Women's Pole Vault
2:30 p.m.	Men's 5000
3:00 p.m.	Women's 4 x 100 Relay
3:10 p.m.	Men's 4 x 100 Relay
3:20 p.m.	Women's 1500
3:30 p.m.	Men's 1500
3:30 p.m.	Women's Shot Put
3:30 p.m.	Men's Discus <i>(follows women's hammer-projected time)</i>
3:45 p.m.	Women's 100 Hurdles
4:00 p.m.	Women's High Jump
4:05 p.m.	Men's 110 Hurdles
4:20 p.m.	Women's 400
4:30 p.m.	Men's Pole Vault
4:35 p.m.	Men's 400
4:50 p.m.	Women's 100
5:00 p.m.	Men's Shot
5:05 p.m.	Men's 100
5:20 p.m.	Women's 800
5:30 p.m.	Men's and Women's Triple Jump
5:30 p.m.	Women's Discus <i>(follows men's discus—projected time)</i>
5:40 p.m.	Men's 800
6:00 p.m.	Men's High Jump <i>(follows women's HJ—projected time)</i>
6:00 p.m.	Women's 400H
6:15 p.m.	Men's 400H
6:30 p.m.	Women's 200
6:50 p.m.	Men's 200
7:10 p.m.	Women's Steeple
7:25 p.m.	Men's Steeple
7:35 p.m.	Women's 4 x 400
7:45 p.m.	Men's 4 x 400

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Please list all your Coaches, Trainers, and Administrators that will be traveling with your team for our May 3rd home meet.

University/College: _____

Head Coach: _____

Asst. Coaches: _____

Trainer(s): _____

Administrator(s): _____

Please FAX to Sally Worsham (662) 915-7363 by April 23rd