

# *Ole Miss*

## *High School Invitational* *Hosted by Oxford High School* Friday, March 30<sup>th</sup>

### **Field Events:**

11:00 a.m.

Boys' Discus followed by Girls' discus (4 throws)  
Girls' Shot followed by boys' shot (4 throws)  
Girls' Pole vault followed by boys' pole vault  
Girls' long jump followed by girls' triple jump  
Boys' long jump followed by boys' triple jump  
Girls' high jump followed by boys' high jump

### **Running Events:**

11:00 a.m.

(Rolling timetable)

Girls' 3200 (2 heats)  
Boys' 3200 (2 heats)  
Girls' 100 hurdles  
Boys' 110 hurdles  
Girls' 100  
Boys' 100  
Girls' 4 x 200  
Boys' 4 x 200  
Girls' 1600 (2 heats)  
Boys' 1600 (2 heats)  
Girls' 4 x 100  
Boys' 4 x 100  
Girls' 400  
Boys' 400  
Girls' 300h  
Boys' 300h  
Girls' 800  
Boys' 800  
Girls' 200  
Boys' 200  
Girls' 4 x 400  
Boys' 4 x 400

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## *High School Invitational*

- Contact Information:** Oxford High School Coach Scott Kendricks  
[trackkendricks@hotmail.com](mailto:trackkendricks@hotmail.com)  
Oxford Coach Chris Bush [cbush@oxford.k12.ms.us](mailto:cbush@oxford.k12.ms.us)
- Rules and Sanction:** MHSAA
- Eligible teams:** All Mississippi High Schools plus out-of-state schools. Please contact Coach Scott Kendricks at Oxford High School if you are out-of-state so that we know you're planning to enter.
- Entries:** Entries will be online at [www.cfpitiming.com](http://www.cfpitiming.com). **ONLY!** There will be **NO** mail-in or telephone entries.
- Entry Deadline:** **Wednesday, March 28<sup>th</sup> at noon.**
- Entry fees:** \$100 per squad. (Boys' and girls' squads are separate squads. \$200 to enter both boys and girls.) Make check payable to **Ole Miss Track**.
- Entry limitations:** **No "B" squads** or relays allowed.  
**2 individual** entries per event per squad.
- Coaching areas:** Each school will be allowed one coach in the area near the competition for shot, discus and high jumps. Long jumps and pole vault are adjacent to the viewing areas.
- Electronics:** No electronics or personal music devices or phones may be used inside the track fence area or in the area of competition.
- Warm-ups:** Warm-up area will be inside the Indoor Practice facility. **NO THROWING ALLOWED EXCEPT IN THE SHOT / DISCUS COMPETITION AREAS.**  
**No one is allowed on the grass infield area during the meet.**
- Weigh-ins:** 10:00 a.m. until 11:00 a.m. All implements will be held until the competition starts.

**Check-ins:** Check-ins for all running events will be at the North end of the track complex.  
After check-in, heats will be escorted to the starting area for each event.

**Admission:** Free admission for all spectators.

**Results:** Results will be posted near the finish area and at [www.cfpitiming.com](http://www.cfpitiming.com)

**Scoring:** Non-Scored Meet. Individual awards only.

**Spikes:** 1 / 4 inch Pyramid Spikes **ONLY**

**Awards:** Large gold, silver and bronze medals for 1<sup>st</sup> – 3<sup>rd</sup> in all events, including relays.

**Minimum marks:** First, fair throw or jump will be marked. Subsequent attempts must meet minimum marks for measurement:

Starting heights and minimum marks are:

	Boys	Girls
Pole vault	9'	7'
High jump	5'8	4'8
Long jump	18'	15'
Shot	40'	28'
Discus	90'	75'