



HIGH SCHOOL INVITATIONAL

- Date:** Friday, April 12, 2013
- Address:** Ole Miss Track
328 Hill Drive
University, MS 38677
- Rules and Sanction:** MHSAA
- Eligible teams:** All Mississippi High Schools plus out-of-state schools. If you are an out-of-state school, you need to email Basil Wetherington.
- Entry Fee:** \$100 per gender (\$200 for dual gender program). Make check payable to ***Ole Miss Track***.
- Entries:** Entries will be online at www.cfpitiming.com. **ONLY!** There will be **NO** mail-in or telephone entries.
- Entry Deadline:** **Wednesday, April 10th at noon.**
- Entry Restrictions:** **No "B" squads** or relays allowed. **Two individual** entries per event per squad allowed.
- Packet Pickup:** Packet pick-up will be available at the track facility. Teams can pick up their packet the day before the meet from 5:00pm to 7:00pm, and the day of beginning at 7:30am.
- Credentials:** All coaches, managers, and athletes will need to wear a wristband which designates they are paid. Wristbands will be in the meet packet.
- Coaching Area:** Each school will be allowed one coach per field event in the designated coaching area.

- Warm-Up Area:** **NO ONE IS ALLOWED ON THE GRASS INFIELD DURING THE MEET.** Field event athletes are allowed to warm-up at the event site once the head referee has opened that area. For general warm-up, the Indoor Practice Facility will be open and available to athletes and coaches wearing a wristband.
- Electronics:** **NO CELL PHONES OR HEAD PHONES ALLOWED IN THE WARM UP OR COMPETITION AREA.**
- Weigh-ins:** Weigh-ins will be conducted up to 90 minutes prior to the start of the event. All implements will be impounded at the time of weigh-in. Certified implements will then be transported to the event site 45 minutes before the start of the event. Only certified implements may be used during official warm-ups and competition. All implements may be picked up at the event site after the conclusion of the event final.
- Check-ins:** **Running Events-** Athletes check in with the clerk at least 1 hour prior to the start of the event. Athletes must be in the clerking area 15 minutes prior to the start of the event. At this time, athletes will be held here until they are marshaled onto the track.
- Field Events-** Athletes check in at the event site 60 minutes prior to event start time.
- Admission:** \$10 for Adults and \$5 for children 12 and under.
- Results:** Results will be posted near the finish area and at www.cfpitiming.com
- Equipment:** All starting blocks will be provided on site by the host; relay teams will need to provide their own batons.
- Scoring:** Non-Scored Meet. Individual awards only.
- Spikes:** 1 / 4 inch Pyramid Spikes **ONLY**
- Awards:** Large gold, silver and bronze medals for 1st – 3rd 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'

Food Policy: Ole Miss Track has a NO outside food policy inside the track facility unless purchased from the concession stand. Each school is allowed one cooler.

Contact: Basil Wetherington- Director of Operations
Email: bdwether@olemiss.edu



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FRIDAY, APRIL 12th

(TENTATIVE SCHEDULE)

Field Events:

10:30 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