MISSISSIPPI HIGH SCHOOL INVITATIONAL

DATE: Thursday, March 23\textsuperscript{rd}, 2017

SITE: Ole Miss Track & Field Complex
328 Hill Dr., University, MS 38677

COMPETITION RULES: MHSAA

ELIGIBLE TEAMS: This meet will be open to all high schools in Mississippi as well as high schools in the surrounding states.

ENTRY DEADLINE/INFO: Entry deadline will be \textbf{Monday, March 20th, 2017 at 5:00 P.M. (CT)}. No late additions or substitutions will be allowed. No fax, mail-in or phone entries will be accepted.

ENTRY FEE: You will pay by the number of individuals ENTERED, not how many you bring to compete. Both check and cash will be accepted, please make checks payable to Ole Miss Track and Field.

$150 / Boys team (9-20 entered athletes)
$150 / Girls team (9-20 entered athletes)
$175 / Boys team (over 20 entered athletes)
$175 / Girls team (over 20 entered athletes)
$20 per individual for teams of 8 or less entered athletes

\textbf{PLEASE DO NOT MAIL IN PAYMENT. PAYMENT MUST BE RECEIVED AT PACKET PICK UP BEFORE YOU RECEIVE YOUR PACKET.}

ENTRY RESTRICTIONS: There will be a limit of 3 entries per team per event (both in the field and on the track). Please only enter athletes in events that they are going to compete in.
SCRATCHES: There will be no scratches or substitutions allowed.

PACKET PICK UP: You may pick up your packet Thursday, March 23rd between 8:30 a.m. and 12:00 p.m. at the team entrance.

CREDENTIALS: All coaches, managers and athletes will need to wear a wristband that will be issued in the team packet.

ADMISSION: A $5 admission will be charged for spectators. Children 10 and under are free.

COACHING AREA: Coaches will be required to coach from outside of the black gate surrounding the track.

WARM UP AREA: The track will be open for warm ups from 9:00 a.m. to 10:30 a.m. NO ONE IS ALLOWED ON THE GRASS INFIELD DURING THE MEET.

SAFETY: No headphones or audio devices are allowed in the warm up or competition area at any time. Failure to comply will result in disqualification.

WEIGH INS: Weigh-ins for shot and disc will be conducted in the brick shed behind the shot put rings from 9:00 a.m. to 11:00 a.m. Only certified implements can be used during warm ups and competition. Any implements that do not meet weigh in will be held until the end of competition and must be picked up at the conclusion of the event.

CHECK IN: **Running Events:** Initial check-in for all running events will be at least one hour before the scheduled start time of the event. You must bring your spikes with you at this time. Athletes must return to the clerk’s tent 15 minutes prior to the start. At this time, athletes will be required to remain in the clerk’s tent until they are escorted to the starting line.

**Field Events:** Athletes may check in 1 hour prior to the start of the event. If an athlete has not checked in 30 minutes prior to the start of the event, he or she will be scratched.

SCORING: This will be a non-scored meet; individual awards only.

RESULTS: Results will be posted near the finish line area and at www.cfpitiming.com.
EQUIPMENT: All starting blocks will be provided; no personal blocks allowed.

Throwing and vaulting equipment will not be provided; each school is responsible for their own implements / poles.

SPIKES: ¼ Inch Pyramid Spikes **ONLY** (Spike checks will be done at check in).

OPENING HEIGHTS:

<table>
<thead>
<tr>
<th></th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>High Jump</td>
<td>4'4</td>
<td>5'4</td>
</tr>
<tr>
<td>Pole Vault</td>
<td>7'0</td>
<td>9'0</td>
</tr>
</tbody>
</table>

MINIMUM MEASUREMENTS: First fair throw or jump will be marked. Subsequent attempts must meet minimum marks for measurement. There will be no final in the throws or horizontal jumps. Each flight will get 4 straight throws / jumps.

<table>
<thead>
<tr>
<th></th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long Jump</td>
<td>15'0</td>
<td>18'0</td>
</tr>
<tr>
<td>Triple Jump</td>
<td>30'0</td>
<td>36'0</td>
</tr>
<tr>
<td>Shot Put</td>
<td>28'0</td>
<td>40'0</td>
</tr>
<tr>
<td>Discus</td>
<td>75'0</td>
<td>90'0</td>
</tr>
</tbody>
</table>

MEDICAL: A medical tent will be set up next to the weigh in sheds and will be utilized for **emergencies only**.

TEAM ENTRANCE: Buses will be directed to drop off teams on Manning Way between the Manning Center and the track. **ALL ATHLETES AND COACHES WILL ENTER AND EXIT THROUGH THIS GATE.** Security will be available to instruct bus drivers where to drop off and where to park.

FOOD POLICY: No outside food is allowed inside the track facility. Concessions will be available. Each school is allowed one team cooler.

TEAM CAMP: Team tents will be permitted into the track facility. Teams can setup along the backstretch of the track. **TENTS NOT PERMITTED IN THE STANDS.** Tent space is first come, first serve.

COACHES MEETING: There will be a brief coaches meeting at 10:00 a.m. Each school **must** send one coach to the meeting.
QUESTIONS / CONTACT: Sasha Leeth (Director of Track and Field Operations)
Email: snleeth@olemiss.edu