



## 2021 Maroon and White Invite

Mike Sanders Track Complex  
On the campus of Mississippi State University  
Friday-Saturday, April 30<sup>th</sup>-May 1<sup>st</sup>, 2021

**TEAMS ATTENDING:** (Arkansas State/Arkansas Little Rock/Harding University/Hinds CC/Louisiana-Monroe/Meridian CC/Mississippi State/Ole Miss/Southern Miss/Troy/UAB)

### PACKET PICK-UP:

- Packet pick up will be located behind the grandstands.
- Pick up times:
  - Friday, April 30 from 9:00 am – 12:30 pm (tentative)
  - Saturday, May 1 from 9:00 am - 11:00 am (tentative)

### WEIGH-IN:

- Implement room is located behind the main grandstand at the Mike Sanders Track Complex. Weigh-in times will be Friday, April 30<sup>th</sup> from 9:30am - 11:00am and Saturday, May 1<sup>st</sup> from 8:00am – 10:00am

### Coaches Boxes:

- Coaches will be allowed inside the oval to coach his/her athletes during throwing/jumping events
- **NON-COMPETING ATHLETES WILL NOT BE ALLOWED INSIDE TRACK OVAL DURING THROWING AND JUMPING EVENTS**

### FACILITY AVAILABILITY:

- The facility will NOT be open, Thursday, April 29th for pre-competition workout.
- Weight Room: Due to covid-19 restrictions there will be NO access to the weight room facility.

### EVENT CHECK-IN:

- Athletes in running events must report to the clerk of the course **20 minutes** prior to their event. Field event competitors should check in **60 minutes** prior to their event with the head official at their event area.

### COMPETITION WARMUP:

- No warming up will be allowed on the competition track
- General warm-ups will be done on the football practice fields.
- Field event warm-ups will be done at event site and conducted per NCAA rule.

### RUNWAY MARKINGS:

- Athletic tape is the only acceptable runway marker. Chalk is not permitted.

**MINIMUM MARKS:**

- Javelin Throw – Men: 50.00m / Women: 40.00m
- Hammer Throw – Men: 45.00m / Women: 40.00m
- Discus Throw – Men: 45.00m / Women: 40.00m
- Shot Put – Men: 14.00m / Women: 12.00m
- Long Jump – Men: 6.90m / Women: 5.40m
- Triple Jump – N/A
- For vertical jump progressions please see attached progressions sheet

**RESULTS:**

- Results will be available online at <https://bwsportstiming.com>

**TRAINING ROOM:**

- For information, please contact athletic trainer Chelsea Head at [chead@athletics.msstate.edu](mailto:chead@athletics.msstate.edu)

**PARKING:**

- Please see attached maps.

**SPECIAL FACILITY RULES:**

- NCAA rules will apply in regard to all headphone use
- Food is not allowed in the Shira Complex or on the football practice fields
- Shira Complex will open at 10:00am on Friday, April 30 for the training staff only.

**TENT RENTAL**

- All tent rentals must be secured through Southern Traditional Tailgate. Contact info: Brad Vickers 662- 769-4153 or [southerntraditionaltailgate@yahoo.com](mailto:southerntraditionaltailgate@yahoo.com).  
[www.southerntraditionaltailgating.com](http://www.southerntraditionaltailgating.com)



## 2021 Maroon & White Invite Meet Schedule as of 4/29

### Friday – April 30<sup>th</sup>, 2021

#### **Running Events:**

- 5:45 p.m. – 800m dash – Men (Invite section)
- 6:00 p.m. – 200m run – Women
- 6:20 p.m. – 200m run – Men
- 6:30 p.m. – 1500m run – Women (Invite section)
- 6:40 p.m. – 1500m run – Men (Invite section)
- 6:50 p.m. – 5000m run – Women
- 7:15 p.m. – 5000m run – Men

#### **Field Events:**

- 12:00 p.m. – Hammer Throw – Women
- Hammer Throw – Men (**will start after women's finals**)
- 3:00 p.m. – High Jump – Women
- 3:00 p.m. – High Jump – Men
- 4:30 p.m. – Discus Throw – Women
- Discus Throw – Men (**will start after women's finals**)
- 5:00 p.m. – Long Jump – Women
- 5:00 p.m. – Long Jump – Men

### Saturday – May 1<sup>st</sup>, 2021

#### **Running Events:**

- 1:00 p.m. – 4x100m relay – Women
- 1:15 p.m. – 4x100m relay – Men
- 1:25 p.m. – 1500m run – Women
- 1:40 p.m. – 1500m run – Men
- 2:00 p.m. – 100mh – Women
- 2:20 p.m. – 110mh – Men
- 2:30 p.m. – 800m run – Women
- 2:40 p.m. – 800m run – Men
- 2:50 p.m. – 100m dash – Women
- 3:10 p.m. – 100m dash – Men
- 3:25 p.m. – 400m dash – Women
- 3:40 p.m. – 400m dash – Men
- 3:55 p.m. – 400mh – Women
- 4:05 p.m. – 400mh – Men
- 4:15 p.m. – Senior Recognition**
- 4:30 p.m. – 4x400m relay – Women
- 4:45 p.m. – 4x400m relay – Men

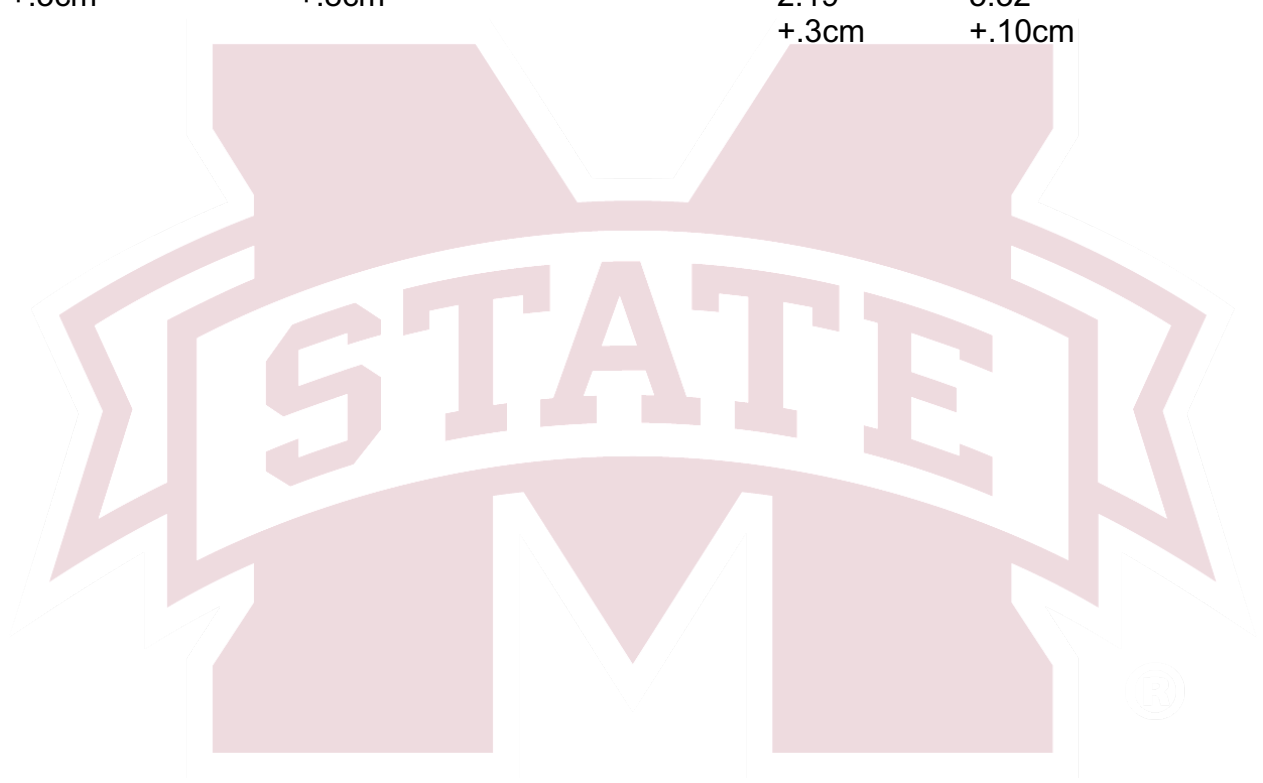
#### **Field Events:**

- 11:00 a.m. – Pole Vault – Women
- 11:00 a.m. – Shot Put – Women – Pit A
- 11:00 a.m. – Shot Put – Men – Pit B
- 12:30 p.m. – Javelin – **Men**
- 1:30 p.m. – Pole Vault – Men
- 2:00 p.m. – Triple Jump – Women
- 2:00 p.m. – Triple Jump – Men
- 2:30 p.m. – Javelin – **Women**



## Bar Progressions – 2021 Maroon & White Invite

Women's HJ	Women's Pole Vault	Men's HJ	Men's Pole Vault
1.56	3.23	1.81	4.27
1.61	3.38	1.86	4.42
1.66	3.53	1.91	4.57
1.71	3.68	1.96	4.72
1.76	3.83	2.01	4.87
1.79	3.98	2.06	5.02
1.82	4.08	2.11	5.12
1.85	4.16	2.16	5.22
+ .3cm	+ .8cm	2.19	5.32
		+ .3cm	+ .10cm

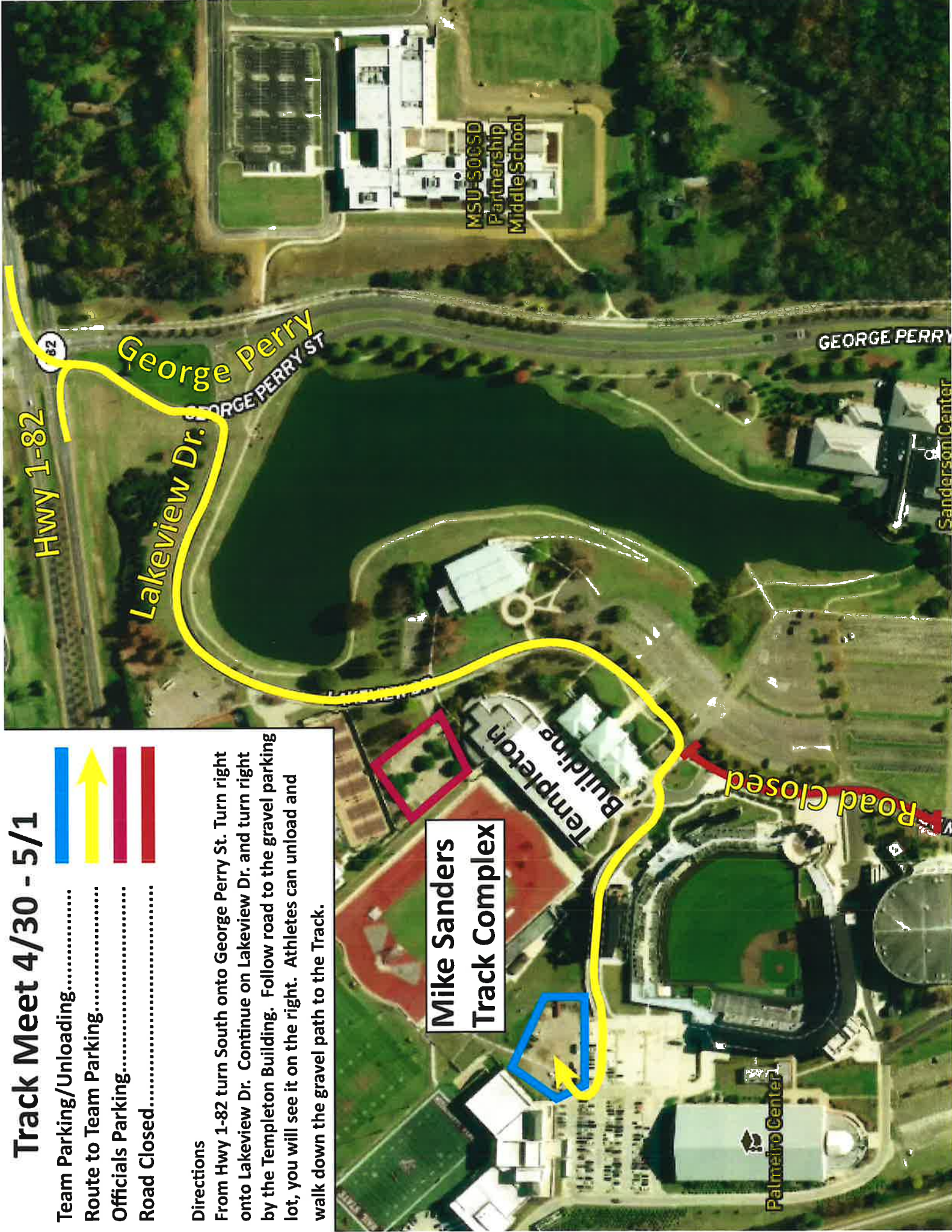


# Track Meet 4/30 - 5/1

- Team Parking/Unloading.....
- Route to Team Parking.....
- Officials Parking.....
- Road Closed.....

## Directions

From Hwy 1-82 turn South onto George Perry St. Turn right onto Lakeview Dr. Continue on Lakeview Dr. and turn right by the Templeton Building. Follow road to the gravel parking lot, you will see it on the right. Athletes can unload and walk down the gravel path to the Track.



**Mike Sanders Track Complex**

MSU-SOCSD Partnership Middle School

GEORGE PERRY

George Perry  
Lakeview Dr.

Hwy 1-82

Road Closed

Palmeiro Center

Sanderson Center

Templeton Building

## Food Delivery Directions

- From Hwy 1-82 turn South onto George Perry St.
- From George Perry St. turn left onto Lakeview Dr.
- Continue down Lakeview Dr. and turn into the Holliman Building parking lot. This will be the second parking lot on your right.

