



## 2022 Maroon and White Invite

Mike Sanders Track Complex  
On the campus of Mississippi State University  
Friday-Saturday, April 29<sup>th</sup>-30<sup>th</sup>, 2022  
(Final)

**TEAMS ATTENDING:** (Alabama, Arkansas State, Uni. of Louisiana, Mississippi State, Ole Miss., South Alabama, Southern Miss., UAB, UL-Monroe, William Carey)

### PACKET PICK-UP:

- Packet pick up will be located at the main entrance to the track
- Pick up times:
  - Friday, April 29<sup>th</sup> from 9:00 am - 2:00 pm (tentative)
  - Saturday, April 30<sup>th</sup> from 8:00 - 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 29<sup>th</sup> from 8:00 am - 11:00 am. And Saturday April 30<sup>th</sup> from 8:00a.m. – 10:00a.m.

### Coaches Boxes:

- Coaches will be allowed inside the oval to coach his/her athletes during throwing/jumping events
- **NONE COMPETING ATHLETES WILL NOT BE ALLOWED INSIDE TRACK OVAL DURING THROWING AND JUMPING EVENTS**

### FACILITY AVAILABILITY:

- Weight Room: 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. **NO WARM UPS ON THE TURF 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.**

#### **PROGRSSIONS:**

<b>W HJ</b>	<b>M HJ</b>	<b>W PV</b>	<b>M PV</b>
1.57	1.86	3.26	4.21
1.63	1.92	3.41	4.36
1.68	1.97	3.56	4.51
1.73	2.02	3.71	4.66
1.76	2.07	3.86	4.81
1.79	2.12	4.01	4.96
1.82	2.17	4.11	5.11
1.85	2.20	4.21	5.26
1.88	2.23	4.31	5.36
1.92	2.26	4.41	5.46

#### **RESULTS:**

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

#### **TRAINING ROOM:**

- For information, please contact athletic trainer Bianca Walker-Gundolff at [bgundolff@athletics.msstate.edu](mailto:bgundolff@athletics.msstate.edu)

#### **PARKING:**

- See attached maps

#### **SPECIAL FACILITY RULES:**

- NCAA rules will apply in regards to all headphone use
- Food is not allowed in the Shira Complex or on the football practice fields

#### **TENT RENTAL**

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

**Final AS OF 4/27/2022**



## **Friday – April 29<sup>th</sup>, 2021**

### **Running Events:**

6:00 p.m. – 800m run – Women (Invite section)  
6:10 p.m. – 800m run – Men (Invite section)  
6:20 p.m. – 200m dash – Women  
6:35 p.m. – 200m dash – Men  
7:00 p.m. – 1500m run – Women (Invite section)  
7:10 p.m. – 1500m run – Men (Invite section)  
7:30 p.m. – 5000m run – Women  
7:50 p.m. – 5000m run – Men

### **Field Events:**

9:30 a.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  
3:00 p.m. – Discus Throw – Women  
Discus Throw – Men **(Will start after women's finals)**  
5:00 p.m. – Long Jump – Women  
6:00 p.m. – Long Jump – Men

## **Saturday – April 30<sup>th</sup>, 2021**

**12:40 p.m. – Senior Recognition**

**1:05 p.m. – National Anthem**

### **Running Events:**

1:15 p.m. – 4x100m relay – Women  
1:25 p.m. – 4x100m relay – Men  
1:30 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  
2:35 p.m. – 800m run – Men  
2:50 p.m. – 100m dash – Women  
3:05 p.m. – 100m dash – Men  
3:20 p.m. – 400m dash – Women  
3:30 p.m. – 400m dash – Men  
3:55 p.m. – 400mh – Women  
4:05 p.m. – 400mh – Men  
4:15 p.m. – 3000m – Women  
4:30 p.m. – 3000m – Men  
4:45 p.m. – 4x400m relay – Women  
4:55 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  
1:30 p.m. – Javelin – **Men**  
Javelin – Women **(Will start after men's finals)**  
1:30 p.m. – Pole Vault – Men  
2:00 p.m. – Triple Jump – Women  
2:00 p.m. – Triple Jump – Men