



2023 BULLDOG RELAYS

MEET INFORMATION & SCHEDULE

Mike Sanders Track Complex | Starkville, Miss. | March 23-25, 2023

ENTRY PROCEDURES

All entries must be submitted through DirectAthletics.com. Entry deadline is **Tuesday, March 21, 2023**, at 5:00 p.m. CT. All entry fees must be paid through the Direct Athletics website. Limit two (2) entries per university for all long throws (Hammer Throw, Discus, Javelin). Additional entries will be allowed on a case-by-case basis and should be emailed to the meet director at clayles@athletics.msstate.edu.

ENTRY FEE / LIMITS

Entry fees are \$800 per team, per gender. Teams with less than 10 athletes will be charged \$45 per athlete.

SCHEDULE OF EVENTS

The finalized time schedule will be revised base upon the entries received. The final schedule will be sent to coaches and posted on HailState.com on Wednesday, March 22, 2023.

PACKETS

Coaches or staff members may pick up team packets at Mike Sanders Track Complex upon arrival.

FACILITY ACCESS

The Mike Sanders Track Complex will open to competitors and coaches two (2) hours prior to the start of the first event each day. Only athletes and coaches will be permitted in the competition area. Track availability:

- **Thursday, March 23:** 5:00 - 7:00 p.m. CT (Following completion of Hammer Throw)
- **Friday, March 24:** Track will close 30 minutes prior to first competitive event
- **Saturday, March 25:** Track will close 30 minutes prior to first competitive event

TEAM DROP-OFF / PARKING

All teams must enter the facility through the Mike Sanders Track Complex entry from Lakeview Drive. Bus / Van drop-off will be allowed at the Track and Field Complex, however, **ALL** buses and vans must park in designated parking areas. Parking passes will be included in meet packets. Please adhere to all parking directions as you will be ticketed and/or towed for parking in the wrong spaces. Bus docking for team pick-up will be along George Perry Street.

TEAM TENT RENTAL

All tent rentals must be secured through Southern Traditional Tailgate:

Contact Brad Vickers by phone (662-769-4153) or email (southerntraditiontailgate@yahoo.com), or by visiting SouthernTraditionTailgating.com for more information.

MEDICAL & ATHLETIC TRAINER INFORMATION

Each college / university will be tasked with providing their own athletic trainer and any necessary training equipment. Visiting teams are advised to bring bottled water and other individual beverages or containers. Mississippi State will provide ice and emergency medical assistance where needed. There will be a designated area for Athletic Trainers. Any medical-related questions / requests, please contact Mississippi State athletic trainer Bianca Walker-Gundolff at bgundolff@athletics.msstate.edu.



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TRACK EVENT CHECK-IN PROTOCOLS

Athletes in running events must check-in at the clerking area at least 45 minutes prior to the scheduled start of their events. Athletes are required to report back to the clerking area to be escorted 10 minutes prior to the start time of their event. At the conclusion of their event, athletes must exit the track through the designated exit and return to clerking to retrieve any personal belongings. Athletes competing in the 200 meters and 4x400m relay must check-in 45 minutes prior to the start of the race for heat seeding. Failure to check-in on time will result in your athlete being scratched.

FIELD EVENT CHECK-IN PROTOCOLS

When multiple flights of a field event occur, there will be a 20-minute flight specific warm-up given between flights. Athletes are not permitted to report until their assigned flight warm-up and must depart the competition area at the completion of their flight. Athletes must provide their own chalk, tape and necessary equipment in all field events. Two (2) athletes per team for all long throwing events (Hammer Throw, Discus, Javelin). Additional athletes will be allowed on a case-by-case basis.

IMPLEMENT INSPECTION

Implement inspection will begin two (2) hours before the start of competition. All implements must be inspected no later than 60 minutes prior to the scheduled start of the event. Implements will be impounded until they are brought by the officials to the event site.

PROGRESSIONS & MINIMUM MARKS

Starting heights and progressions for vertical jumping events will be provided by Thursday, March 23, at 12:00 p.m. CT.

INCLEMENT WEATHER PLAN

In the event of inclement weather, we ask that all teams return to team buses. Athletes that are on the track currently competing, meet officials and meet volunteers will have access to Shira Field House. Spectators are encouraged to return to their cars.

SPECTATOR SEATING

There will be spectator seating at the 2023 Mississippi State Bulldog Relays. Spectator seating can only be accessed through the fan entry gate. Student-athletes will **NOT** be allowed in spectator seating areas. Seating is provided on a first-come, first-served basis.

TEAM CAMP AREAS / WARM-UP FIELD

All teams are to avoid roped off areas on the warm-up fields. Gatorade and other sports drinks are not to be poured on any grass areas. Please keep warm-up field free of any team camps.

COACHING AREAS / COACHING BOXES

Coaches will have access to coaching boxes located around the track. Please be mindful of ongoing events when accessing the coaching boxes.

RESULTS / TIMING

Results will be posted on <http://www.bwraceresults.com/Dawg/>

Please contact Carjay Lyles at clyles@athletics.msstate.edu with questions. Please continue to check the Mississippi State Track and Field website at HailState.com for any updates regarding the meet and complete meet schedule.



2023 BULLDOG RELAYS TENTATIVE SCHEDULE

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THURSDAY, MARCH 23	FRIDAY, MARCH 24	SATURDAY, MARCH 25
11:50 AM - NATIONAL ANTHEM	4:50 PM - NATIONAL ANTHEM	11:50 AM - NATIONAL ANTHEM
FIELD EVENTS: 12:00 PM - Women's Hammer Throw 3:30 PM - Men's Hammer Throw	FIELD EVENTS: 1:00 PM - Women's Discus 3:30 PM - Men's Discus 5:00 PM - Women's / Men's High Jump 5:30 PM - Women's / Men's Triple Jump	FIELD EVENTS: 11:00 AM - Women's Javelin 12:00 PM - Women's Pole Vault (<i>Men's PV to follow</i>) 1:00 PM - Women's Shot Put 1:00 PM - Men's Shot Put 1:00 PM - Men's / Women's Long Jump 2:30 PM - Men's Javelin
ADDITIONAL NOTES The Hammer Throw competition will take place inside the stadium. For safety reasons, the track will be closed for warm-ups or practice sessions on the oval. Coaches -- Please have your 200m athletes DECLARE for the 200m dash NO LESS than 45 minutes prior to the start of the event - NOT declaring will lead to the athlete being scratched.	RUNNING EVENTS: 5:00 PM - Women's 4x800m Relay 5:10 PM - Men's 4x800m Relay 5:20 PM - Women's 400m Dash 5:40 PM - Men's 400m Dash 6:00 PM - Women's 5000m Run 6:30 PM - Men's 5000m Run	RUNNING EVENTS: 12:00 PM - Women's 4x100m Relay 12:10 PM - Men's 4x100m Relay 12:20 PM - Women's 1500m Run 12:30 PM - Men's 1500m Run 12:50 PM - Women's 100m Hurdles 1:15 PM - Men's 110m Hurdles 1:40 PM - Women's 800m Run 2:00 PM - Men's 800m Run 2:15 PM - Women's 100m Dash 2:30 PM - Men's 100m Dash 2:55 PM - Women's 400m Hurdles 3:10 PM - Men's 400m Hurdles 3:30 PM - Women's 200m Dash (MUST declare 45-min. prior) 3:55 PM - Men's 200m Dash (MUST declare 45-min. prior) 4:15 PM - Women's 3000m Run 4:30 PM - Men's 3000m Run 4:45 PM - Women's 4x400m Relay (Slowest → Fastest) 4:55 PM - Men's 4x400m Relay (Slowest → Fastest)