2024 Maroon and White Invite
Mike Sanders Track Complex
On the campus of Mississippi State University
Friday-Saturday, April 26th-27th, 2024
(Updated: 4-25-2024)

TEAMS ATTENDING: Alabama – Mississippi State – Montevallo – New Orleans - Samford

Entries:
- All entries must be submitted through directathletics.com. Entry Deadline is Tuesday, April 23rd, 2024 at 5:00pm. All entry fees must be paid through the direct athletics website. Entry fee will be $800/gender. Teams with less than 14 entries will be charged $50/athlete. Individual/Unattached athletes are $50.

PACKET PICK-UP:
- All packets will be online

WEIGH-IN:
- Implement room is located behind the main grandstand at the Mike Sanders Track Complex. Weigh-in times will be Friday, April 26th from 8:00 am - 11:00 am. And Saturday April 27th 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:
- The track/runways/rings will be available for team practice from 5:30p-7:00pm on Thursday April 25th. For safety, there will be NO RELEASES FOR LONG THROWS. (Our apologies for any inconveniences)

- 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.**

PROGRESSIONS:

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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

PARKING:
- Maps will be posted online/final packets.

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. www.southerntraditionaltailgating.com
**Tentative as of 4-25-2024**

**Friday – April 26th, 2024**

**Running Events:**
- 6:00 p.m. – 800m run – Women
- 6:10 p.m. – 800m run – Men
- 6:20 p.m. – 200m dash – Women
- 6:25 p.m. – 200m dash – Men
- 6:35 p.m. – 400m – Women
- 6:45 p.m. – 400m – Men
- 7:00 p.m. – 5000m run – Women
- 7:20 p.m. – 5000m run – Men

**Field Events:**
- 11:00 a.m. – Hammer Throw – Women
- Discus Throw – Men
  (Will start AFTER women’s Hammer throw)
- Discus Throw – Women
  (Will start AFTER men’s Discus throw)
- 12:00 p.m. – Pole Vault – Women
- 3:00 p.m. – High Jump – Women
- 3:00 p.m. – High Jump – Men
- 5:00 p.m. – Long Jump – Women
- 5:00 p.m. – Long Jump – Men

**Saturday – April 27th, 2024**

- 12:55 p.m. – Senior Recognition
- 1:10 p.m. – National Anthem

**Running Events:**
- 1:15 p.m. – 4x100m relay – Women
- 1:20 p.m. – 4x100m relay – Men
- 1:25 p.m. – 1500m run – Women
- 1:35 p.m. – 1500m – Men
- 1:45 p.m. – 100m – Women
- 1:55 p.m. – 110mh – Men
- 1:55 p.m. – 400m dash – Women
- 2:00 p.m. – 400m dash – Men
- 2:10 p.m. – 100m dash – Women
- 2:15p.m. – 100m dash – Men
- 2:25 p.m. – 4x400m relay – Women
- 2:30 p.m. – 4x400m relay – Men

**Field Events:**
- 12:00 p.m. – Pole Vault – Men
- 12:00 p.m. – Shot Put – Women – Pit A
- 12:00 p.m. – Shot Put – Men – Pit B
- 1:15 p.m. – Javelin – Men
  Javelin – Women (Will start after men’s finals)
- 2:00 p.m. – Triple Jump – Women
- 2:00 p.m. – Triple Jump – Men