



2026 Maroon and White Invite

Mike Sanders Track Complex
On the campus of Mississippi State University
April 30-May 1, 2026
(Updated: 4-3-2026)

Entries:

- All entries must be submitted through directathletics.com. Entry Deadline is **Tuesday, April 28th, 2026 at 5:00pm**. All entry fees must be paid through the direct athletics website. Entry fee will be \$1200/gender. Teams with less than 14 entries will be charged \$80/athlete. Individual/Unattached athletes are \$80.

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 Thursday, April 30th from 8:00 am - 11:00 am. And Friday, May 1st, 2026 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 will be available for team practice from 3:30p-5:45pm on Thursday April 30th. **For safety, there will be NO RELEASES FOR LONG THROWS.**
- 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:

<u>W HJ</u>	<u>M HJ</u>	<u>W PV</u>	<u>M PV</u>
1.52	1.80		
1.57	1.85	3.21	4.21
1.62	1.90	3.41	4.41
1.67	1.95	3.56	4.56
1.72	2.00	3.71	4.71
1.75	2.05	3.86	4.86
1.78	2.10	4.01	4.96
1.81	2.13	4.11	5.06
1.84	2.16	4.21	5.16
1.87	2.19	4.31	5.26
1.90	2.22	4.41	5.36
+03	+03	+10	+10

RESULTS:

- Results will be available online at: MacDonald Timing LLC

TRAINING ROOM:

- For information, please contact athletic trainer Amanda Padilla-Barnett abarnett@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.southerntraditionatailgating.com

