

Seminole Track Invite

Florida State University • Mike Long Track

April 12th, 2008

Format of Meet:

Open and unattached entries are welcome. All entrants must follow the proper entry procedures.

Entry Fees:

\$250 per college team: \$20 for unattached individuals. Make all checks payable to: **FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION.**

Entry Procedures:

- Entry should be completed online for all schools @ www.DirectAthletics.com . Entries are due **no later than 11:59pm on Monday, April 7th** .
- Unattached college entries should be e-mailed to ab03j@fsu.edu **no later than 11:59pm on Monday, April 7th** .
- Meet information, performance lists, and full results will be available at www.seminoles.com & www.halfmiletiming.com

Packet Pick-up:

- Packets will be available beginning on Friday, April 11th, 2008 between 4:00 pm to 7:00 pm and on Saturday one hour prior to the start of the first event of the meet at the east entrance of the Mike Long Office Building at the track.

Event Check-In:

- Running event participants must check-in with the meet clerk of the course no later than 45 minutes prior to the start of the scheduled event or risk being scratched.
- Field event participants must report to the event site no later than 45 minutes prior to the start of the scheduled event or risk being scratched.

Implement Weigh-In:

- Implements must be measured at the Implement Weigh-In Area located at the west end of the track, across from the steeple water jump, no later than 45 minutes prior to the start of the scheduled event.

Warm-Up Area:

- All warm-ups must be conducted off the track in the soccer field adjacent to the track.

Facility:

The Mike Long track is a NEW Rekortan surface, as are the long jump, triple jump, pole vault runways, high jump (80' approach) and javelin (110" runway). *NO spikes longer than 3/8" may be used!* The shot put, discus, and hammer circles are brushed concrete.

Officiating:

- The Florida State Track and Field Officials Association will be in charge of the meet. FinishLynx Timing will be the method of determining the official time and order of finish for all races. Field event judges will measure, record and post results in feet and inches on the performance indicator boards for spectator interest.
 - The meet will be conducted under FHSAA/NCAA rules. All athletes representing intercollegiate programs must be eligible according to respective NCAA rules.

Field Event Starting Heights:

- Starting heights will be: Women's: HJ = 5'0, PV = 10'0"; Men's: HJ = 6'2", 14'0"

All races will be run as sections against time.

Awards:

- Seminole Track Invite T-Shirts will be awarded to all 1st place finishers.

Please contact Althea Belgrave at 850-644-3270 or at ab03j@fsu.edu with any questions and concerns.



Tentative

Seminole Track Invitational

hosted by **Florida State University**

April 12th, 2008 @ **Mike Long Track**

Saturday, APRIL 12th, 2008

■Field Events - University Field Events

Time	Division		Event	Event Site
9:00 AM	University	Women	Hammer Throw	➤➤Levy Street Complex
10:15AM	University	Men	Hammer Throw	<i>Immediately Following Women</i>
12:00PM	University	Women	High Jump	
12:00PM	University	Women	Long Jump	▶North Pit
12:00PM	University	Men	Long Jump	▶South Pit
12:00PM	University	Women	Pole Vault	
1:00PM	University	Women	Discus	▶Infield Sector
2:30PM	University	Men	Discus	▶Infield Sector
3:30PM	University	Men	High Jump	▶Infield Pits
4:00PM	University	Men	Shot Put	▶East Infield Circle
4:00PM	University	Women	Shot Put	▶West Infield Circle
4:00PM	University	Men	Pole Vault	
4:00PM	University	Women	Javelin	▶Infield Sector
5:00PM	University	Women	Triple Jump	▶South Pit
5:00PM	University	Men	Triple Jump	▶North Pit
5:30PM	University	Men	Javelin	▶Infield Sector

■Running Events - ALL FINALS

Time	Division		Event
1:30PM	University	Women	100m Hurdles
1:50PM	University	Men	110m High Hurdles
2:15PM	University	Women	4 x 100m Relay
2:25PM	University	Men	4 x 100m Relay
2:35PM	University	Women	1500m Run
2:50PM	University	Men	1500m Run
3:10PM	University	Women	400m Dash
3:30PM	University	Men	400m Dash
3:50PM	University	Women	100m Dash
4:05PM	University	Men	100m Dash
4:20PM	University	Women	800m Run
4:40PM	University	Men	800m Run
5:00PM	University	Women	400m IM Hurdles
5:20PM	University	Men	400m IM Hurdles
5:40PM	University	Women	200m Dash
6:00PM	University	Men	200m Dash
6:20PM	University	Women	3,000m Steeplechase
6:35PM	University	Men	3,000m Steeplechase
6:50PM	University	Women	4 x 400 Relay
7:05PM	University	Men	4 x 400 Relay
7:20PM	University	Women	3000m Run
7:35PM	University	Men	3000m Run
7:45 PM	University	Women	5000m Run
7:45PM	University	Men	5000m Run