



# Seminole Twilight



Florida State University • Mike Long Track

**May 9-10, 2008**

**Format of Meet:**

It is open to all amateur competitors. It will be a large meet, so we will restrict last minute changes and enforce strict registration and check-in procedures.

**Facility:**

The Mike Long Track was completely rebuilt in 2002 and the surface is NEW Rekortan 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 a brushed concrete surface.

**Entry Procedures:**

***Entry should be completed at [www.directathletics.com](http://www.directathletics.com).*** Entries are due by ***Monday, May 5<sup>th</sup> @ 6:00pm***. Unattached athletes need to email their entries to [ab03j@fsu.edu](mailto:ab03j@fsu.edu) by the stipulated deadline. Meet information, performance lists, heat and flight sheets, and full results will be available on our website, [www.seminoles.com](http://www.seminoles.com).

**Entry Fees:**

The entry fee is \$250 per team (12 athletes make up a full team) and \$20 per individual. Make checks payable to: ***FSU Track and Field Officials Association***. *Checks made out to Florida State University cannot be accepted.*

**Check-in:**

Any scratches must be made before 10:00 am on the day of the meet. Athletes must check-in at least 30 minutes prior to the start of their race at the clerking table near the track building. Field event athletes must check-in at their event area.

**Scoring:**

No team scores will be kept.

♦ ***All races will be run as sections against time*** ♦

**Awards:**

Event winners will receive a commemorative champions t-shirt.

**Officiating:**

*The Florida State Track and Field Officials Association* will be in charge of the meet. *FinishLynx* will be the method of determining the official time and order of finish for all races. The meet will be conducted under NCAA rules. All athletes representing intercollegiate programs must be eligible according to respective NCAA rules.

❖ **Marking take off points on approach areas and exchange zones:** All take off points must be marked with **TAPE ONLY**. Coaches are held responsible for informing their athletes and disqualified athletes will be referred back to their coaches for explanation as to why they were not informed of the regulation.

All information will be posted at [www.seminoles.com](http://www.seminoles.com).

Please contact the Althea Belgrave at 850-644-3270 or email at [ab03j@fsu.edu](mailto:ab03j@fsu.edu) with any questions.

# 2008 Seminole Twilight (Tentative)



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## Friday, May 9<sup>th</sup>

### ◆ Multi Event

11:30 am Heptathlon – Day 1  
(100 Hurdles, High Jump, Shot Put, 200)

12:00 pm Decathlon – Day 1  
(100m, Long Jump, Shot Put, High Jump, 400m)

### ◆ Field Events

1:00 pm *Men* Discus  
*Women* High Jump  
*Men* Javelin  
*Men* Pole Vault  
*Women* Shot Put  
*Men* Long Jump (*South Pit*)  
*Women* Long Jump (*North Pit*)  
*Women* Javelin

### ◆ Track Events

3:00 pm *Men* 4 x 100 relay  
*Women* 4 x 100 relay  
*Men* 1500 meters  
*Women* 1500 meters  
*Men* 100 hurdles  
*Women* 110 hurdles  
*Men* 100 meters  
*Women* 100 meters  
*Men* 400 meters  
*Women* 400 meters  
*Men* 800 meters  
*Women* 800 meters  
*Men* 400 hurdles  
*Women* 400 hurdles  
*Men* 200 meters  
*Women* 200 meters  
*Men* 5,000 meters  
*Women* 5,000 meters

## Saturday, May 10<sup>th</sup>

### ◆ Multi Event

12:30 pm Heptathlon – Day 1  
(Long Jump, Javelin, 800)

12:00 pm Decathlon – Day 1  
(110 Hurdles, Discus, Pole Vault, Javelin, 1500m)

### ◆ Field Events

10:00 am *Men* Hammer  
*Women* Hammer  
*Women* Pole Vault  
*Men* Shot Put  
*Men* Triple Jump (*South Pit*)  
*Women* Triple Jump (*North Pit*)  
*Women* Discus  
*Women* High Jump

### ◆ Track Events

4:00 pm *Men* 4 x 100 relay  
4:10 pm *Women* 4 x 100 relay  
4:20 pm *Men* 1500 meters  
4:30 pm *Women* 1500 meters  
4:45 pm *Men* 110 hurdles  
4:55 pm *Women* 100 hurdles  
5:05 pm *Men* 100 meters  
5:10 pm *Women* 100 meters  
5:15 pm *Men* 400 meters  
5:20 pm *Women* 400 meters  
5:25 pm *Men* 800 meters  
5:30 pm *Women* 800 meters  
5:40 pm *Men* 400 hurdles  
5:50 pm *Women* 400 hurdles  
6:00 pm *Men* 200 meters  
6:05 pm *Women* 200 meters  
6:15 pm *Men* 3000 meter steeplechase  
6:40 pm *Women* 3000 meter steeplechase  
7:10 pm *Men* 4 x 400 relay  
7:25 pm *Women* 4 x 400 relay