

2008 SnowBird Invitational

Florida State University • Mike Long Track



March 21-22, 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.* Entries are due by **Monday, March 17th** @ **11:59 pm**. Unattached athlete must email entries to ab03j@fsu.edu by the deadline. Meet information, performance lists, heat and flight sheets, and full results will be available on our website, www.seminoles.com. Results will be also available on www.halfmiletiming.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 9:00 am on the day of the meet. Athletes must check-in at least 40 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.
- Field Event Starting Heights:**
- | | | |
|---------------------------|--------------------|------------|
| Starting heights will be: | Women's: HJ = 5'0" | PV = 9'6" |
| | Men's: HJ = 6'2" | PV = 13'6" |
- ❖ **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.

Please contact the track office at 850-644-32701 or email at ab03j@fsu.edu with any questions.

2008 SnowBird Invitational

Florida State University • Mike Long Track



Friday, March 21st

◆ Field Events

- 10:00 am *Women* Hammer @ **Alumni Village Cage**
- 1:00 pm *Women* Javelin
- 3:00 pm *Women* Long Jump (*North Pit*)
- 3:00 pm *Men* Long Jump (*South Pit*)
- 4:00 pm *Women* Discus
Men Discus (*immediately following women*)

◆ Track Events

- 5:00 pm *Women* 400 hurdles
Men 400 hurdles
- 5:40 pm *Women* Distance Medley Relay (1200-400-800-1600)
Men Distance Medley Relay (1200-400-800-1600)
- 6:10 pm *Women* Sprint Medley Relay (200-200-400-800)
Men Sprint Medley Relay (200-200-400-800)
- 6:40 pm *Women* 3,000m
- 7:00 pm *Women* 5,000 meters
7:30 pm *Men* 5,000 meters – Heat 1
5,000 meters - Heat 2

Saturday, March 22nd

◆ Field Events

- 10:30 am *Men* Hammer @ **Alumni Village Cage**
- 11:00 am *Women* Pole Vault
Men Pole Vault (*immediately following women*)

Saturday, March 22nd (cont.)

- 11:00 am *Women* High Jump
Men High Jump (*immediately following women*)
- 12:30 pm *Women* Triple Jump (*North Pit*)
- 12:30 pm *Men* Triple Jump (*South Pit*)
- 1:00 pm *Women* Shot Put
Men Shot Put (*immediately following women*)
- 2:30 pm *Men* Javelin

◆ Track Events

- 11:00 am *Women* 4 x 100 relay
Men 4 x 100 relay
- 11:30 am *Women* 1500 meters
Men 1500 meters
- 12:20 pm *Women* 100 hurdles
Men 110 hurdles
- 1:00 pm *Women* 100 meters
Men 100 meters
- 1:40 pm *Women* 400 meters
Men 400 meters
- 2:20 pm *Women* 800 meters
Men 800 meters
- 3:10 pm *Women* 200 meters
Men 200 meters
- 3:50 pm *Women* 3000 meter steeplechase
Men 3000 meter steeplechase
- 4:20 pm *Women* 4 x 400 relay
Men 4 x 400 relay