



2012

Seminole Invitational

Florida State University • Mike Long Track

April 13-14, 2012

Format of Meet:

Open and unattached entries are welcome. All entrants must follow the proper entry procedures. A late fee of \$100.00 will be assessed to those teams, and \$20.00 per individuals who missed the stipulated deadline, if at the Meet Director's discretion they are accepted into the meet. Coaches please note that your institutions will be charge the entry fee if they do not scratch their entrant by stipulated deadline for scratches.

Entry Fees:

- Entry fee is \$300.00 per College team (12 athletes make up a full team): \$20.00 per individuals and \$5 for students. Make all checks payable to: **FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION**. Checks made out to Florida State University cannot be accepted.

Entry Procedures:

- Entry should be completed online for all schools @ www.DirectAthletics.com . Entries are due *no later than 9:00pm on Monday April 9th, 2012*
- College Unattached entries should be e-mailed to obriensha@gmail.com no *later than 9:00pm on Monday April 9*
- Meet information, performance lists, and full results will be available at www.seminoles.com & www.halfmiletiming.com
- Heat sheets will be posted April 11 by 6:00pm on www.halfmiletiming.com and www.seminoles.com

Packet Pick-up:

- Packets will be available for pick up Friday April 13 at 2:00pm and Saturday April 14 at 9:00am

Event Check-In:

- Running event participants must check-in with the meet clerk of the course no later then 45 minutes prior to the start of the scheduled event. Athletes failing to report to 45 minutes before will be scratched from the meet.
- Field event participants must report to the event site no later then 45 minutes prior to the start of the scheduled event or risk being scratched. Pole Vault athletes will be allowed on the runway 1 hour prior to the start of their event. Athlete's numbers will be worn on the front except for individuals in the Pole Vault.

Implement Weigh-In:

- Implements must be measured at the Implement Weigh-In Area located at the north-west end of the track, across from the steeple water jump, no later than 3 hours 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 NCAA rules. All athletes representing intercollegiate programs must be eligible according to respective NCAA rules.

FALSE START

The No False Start Rule is in effect

PROTEST

Protest must be filed in writing at the clerk's tent within 30 minutes of the conclusion of the event following the incident or decision. A \$50 fee will be assessed for all protests.

ATHLETIC TRAINERS

Tents for athletic trainers will be set up in the west fenced field adjacent to the Mike Long track Facility.

SCRATCHES

All Scratches must be made by Monday March 21st the week of competition.

All running events are timed finals.

College Information

Athletes must be eligible according to the rules, which govern the athletics participation of all their school and divisions. Each school may enter a maximum of three (3) individuals and two relays team per events. Additional entries are at the discretion of the Meet Director. **ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET.**

Club & Unattached Information

All athletes not competing with a college team must sign the waiver of liability and hold harmless agreement and return it at packet pick-up in order to compete. Unattached entries should be e-mailed to obriensha@gmail.com

ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET.

Parking

See Attachment

Hotel

See FSU lodging at www.seminoles.com

Please contact Track Office at 850-644-3270 or at obriensha@gmail.com with any questions and concerns.



2012 Seminole Invitational Schedule of Events

Friday, April 13th, 2012

Field Events: Throws

<u>Time</u>	<u>Event</u>	<u>Gender</u>
4:00 PM	Discus	Men/Women
6:00 PM	Javelin	Men/Women

Field Events: Jumps

<u>Time</u>	<u>Event</u>	<u>Gender</u>
4:00 PM	High Jump	Men/Women
7:00 PM	Long Jump	Women/ Men to follow

Running Events

<u>Time</u>	<u>Event</u>	<u>Gender</u>
7:30 PM	3000k	Mixed
7:50 PM	3000 Steeple	Men
8:10 PM	5000m	Women
8:40 PM	5000m	Men

Saturday, April 14^h,2012

Field Events: Throws

<u>Time</u>	<u>Event</u>	<u>Gender</u>
10:00 AM	Hammer	Men/Women
2:00 PM	Shot Put	Women
2:00 PM	Shot Put	Men

Field Events: Jumps

<u>Time</u>	<u>Event</u>	<u>Gender</u>
12:00 PM	Triple Jump	Women/ Men to follow
1:00 PM	Pole Vault	Women
3:30 PM	Pole Vault	Men

Running Events

<u>Time</u>	<u>Event</u>	<u>Gender</u>
1:00 PM	100m Hurdles	Women
1:20 PM	110m Hurdles	Men
1:30 PM	4x100m Relay	Women
1:40 PM	4x100m Relay	Men
1:45 PM	400m	Women
1:50 PM	400m	Men
2:15 PM	100m	Women
2:30 PM	100m	Men
2:50 PM	800m	Women
3:00 PM	800m	Men
3:20 PM	400m Hurdles	Women
3:35 PM	400m Hurdles	Men
3:50 PM	200m	Women
4:15 PM	200m	Men
4:40 PM	1500m	Women
4:55 PM	1500m	Men
5:15 PM	2,000 Steeple	Women
5:35 PM	4x400m Relay	Women
5:40 PM	4x400m Relay	Men