



33rd Annual FSU Relays

Florida State University • Mike Long Track

March 21-24, 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 specified deadline, if at the Meet Director's discretion they are accepted into the meet. Coaches please note that your institutions will be charged the entry fee if they do not scratch their entrant by specified deadline for scratches.

Entry Fees:

- Entry fee is \$300.00 per College team (12 athletes make up a full team): \$20.00 per individuals. Make all checks payable to: **FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION**. Checks made out to Florida State University cannot be accepted.
- Entry fee is \$100.00 per gender for High School Teams or \$200.00 if both a boy's and girl's team is entered. If a team consists of seven (7) or less athletes, (girls and boys are separate), entry fee is \$15.00 per athlete.
- Unattached Entry is \$20 or \$5 with student ID

Entry Procedures:

- Entry should be completed online for colleges @ www.DirectAthletics.com . High School registration is now on www.flrunners.com . Entries are due **no later than 9:00pm on Wednesday, March 14th**.
- College Unattached entries should be e-mailed to obriensha@gmail.com no **later than 9:00pm on Friday, March 16th**
- High School Entry questions should be directed to Coach Sumner at LFCSumner3@aol.com .
- Accepted high school entries will be posted at noon on Friday, March 16th at www.seminoles.com and www.flrunners.com College entries will be posted by 5:00 pm Monday March 19th
- Meet information, performance lists, and full results will be available at www.seminoles.com & www.halfmiletiming.com

Packet Pick-up:

▪ Packet pickup will begin one hour prior to the first event of the meet located at the press box up the stairs. Wednesday: 1pm – 4pm, Thursday: 1pm – 4pm, Friday: 8am – 5pm, Saturday: 7am – 12pm

Event Check-In:

▪ Running event participants must check-in with the meet clerk no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event.

▪ Field event participants must report to the event site no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event. Pole Vault athletes will be allowed on the runway 1 hour prior to the start of their event. All 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 1 hour prior to the start of the scheduled event. (Hammer weigh-in may be done at hammer cage or day before)

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 charged for all protests. No exceptions.

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 19th the week of competition.

All running events are timed finals.

Awards:

- FSU Relay T-Shirts will be awarded to all 1st place finishers of High School Events
- FSU Relay Umbrellas will be awarded to all 1st place finishers of College Events.
- Team Trophy will be awarded to 1st and runner up teams in the High School section only.

High School Information

All High School teams will compete in one division. High School events will follow National High School Federation rules and athletes must be eligible according to their respective high school federations. Listed below are the numbers of athletes that will be accepted into the events. **Acceptance will be based off VERIFIABLE marks.** There is a preferred minimum standard list at the end of this packet, but entries will be based off the following top athletes entered.

ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET. EMAIL COACH SUMNER LFCSUMNER3@aol.com for High School entry questions.

Relay Events – Top 16
Running Events- Top 24
Invitational Mile- Top 32
Invitational Two Mile- Top 32
Consolation Races- Unlimited
Field Events – Top 20

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.

Multi Events – Top 16

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 no **later than 9:00pm on Friday, March 16th**.

Accepted entries will be posted at noon on Monday, March 19th at www.seminoles.com

ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET.

Parking

See Attachment

Hotel

This year's official hotel is **Cabot Lodge** (850-386-7500 ext. 680) Ask for Beth Rodan (brodan@mnhg.com) \$79.00 a night

Please contact the Florida State Track Office at 850-644-3270 or email obriensha@gmail.com with any questions and concerns. All high school entry questions should be directed to Coach Sumner at LFCsumner3@aol.com .



33rd Annual FSU Relays

WEDNESDAY, MARCH 21, 2012

MULTI EVENTS

1:00 PM **Heptathlon- Day 1**
 (100H, HJ, SP, 200m)
1:30 PM **Decathlon- Day 1**
 (100m, LJ, SP, HJ, 400m)

*Please note that schedule is subject to change due to high volume of participants. Final Schedule will be posted **Monday March 19th**

THURSDAY, MARCH 22, 2012

MULTI EVENTS

1:00 PM **Decathlon- Day2**
 (110H, Discus, PV, Javelin, 1500m)
1:30 PM **Heptathlon- Day 2**
 (LJ, Javelin, 800m)

*There will be no "Invitational" sections for Men and Women's College/Open 800/1500. All Heats will be contested on the same day.

FRIDAY, MARCH 23, 2012

Field Events

High School

11:00 AM Pole Vault (B)
12:00 PM Long Jump (G)
4:00 PM Long Jump (B)
5:00 PM Discus (G)
7:00 PM High Jump (B)

2:05 PM 400m (B)
2:20 PM 400m (W)
2:35 PM 400m (M)
3:00 PM 800m (W)
3:30 PM 800m (M)
4:00 PM 4 x 100m Relay (G)
4:20 PM 4 x 100m Relay (B)

College

9:00 AM Hammer (M&W Open)
12:00 PM Long Jump (W)
12:00 PM Javelin (M)
 To Follow Javelin (W)
4:00 PM Long Jump (M)
5:00 PM High Jump (M)
5:00 PM Pole Vault (W)
7:00 PM Discus (W)

Distance Showcase

6:00 PM 3000m Steeplechase (W)
6:15 PM 3000m Steeplechase (M)
6:30 PM 800m (G)
6:40 PM 800m (B)
6:50 PM 1500 (M ALL SECTIONS)
7:10 PM 1500 (W ALL SECTIONS)
7:30 PM 3200 (Invite G)
7:55 PM 3200 (Invite B)
8:20 PM 5000m (W)
8:45 PM 5000m (M)
9:05 PM 10000m (M)
9:40 PM 10000m (W)

Running Events

12:00 PM 4 x 100m Relay (W)
12:10 PM 4 x 100m Relay (M)
12:15 PM 4 x 800m Relay (G)
12:30 PM 4 x 800m Relay (B)
12:50 PM 110m HH (M)
1:05 PM 110m HH (B)
1:20 PM 100m HH (W)
1:35 PM 100m HH (G)
1:50 PM 400m (G)

Saturday, March 24, 2011

Field Events

High School

10:00 AM High Jump (G)
11:00 AM Pole Vault (G)
12:30 PM Discus (B)
1:00 PM Triple Jump (G)
3:00 PM Triple Jump (B)
4:00 PM Shot Put (G)
4:00 PM Shot Put (B)

College

10:00 AM Discus (M)
1:00 PM Triple Jump (W)
1:00 PM High Jump (W)
2:00 PM Shot Put (M)
2:00 PM Shot Put (W)
3:00 PM Pole Vault (M)
3:00 PM Triple Jump (M)

National Anthem and Introduction to Second Day

9:55 AM

Running Events

8:00 AM 3200m (G) Consolation
9:00 AM 3200m (B) Consolation
11:00 AM 1600m (G) Consolation
11:30 AM 1600m (B) Consolation
12:00 PM 4x200m Relay (G)
12:10 PM 4x200m Relay (B)
12:20 PM 200m (W)
12:45 PM 200m (M)
1:20 PM 300m IH (G)
1:35 PM 300m IH (B)
1:45 PM 400m IH (W)
2:05 PM 400m IH (M)
2:25 PM 800m (ALL SECTIONS W)
2:45 PM 800m (ALL SECTIONS M)
3:05 PM 1600 (Invite G)
3:15 PM 1600 (Invite B)
3:25 PM 100m (G)
3:40 PM 100m (W)
3:55 PM 100m (B)
4:10 PM 100m (M)
4:25 PM 4 x 400m Relay (W)
4:45 PM 4 x 400m Relay (M)
5:00 PM 4 x 400m Relay (G)
5:30 PM 4 x 400m Relay (B)



33rd Annual FSU Relays

Preferred Minimum Standard for High School Entries

	Boys	Girls
Discus	135'	105'
Shot Put	44'	33'
Long Jump	22'	16'
High Jump	6'0"	5'0"
Triple Jump	42'	33'
Pole Vault	12'0"	8'6"
100m	11	13
200m	23	26
400m	51	60
800m	2:02	2:30
1600m	4:50 (4:30 for invite races)	5:40 (5:15 for invite races)
3200m	10:30 (10:00 for invite races)	12:30 (11:30 for invite races)
4x100m	43	49
4x400m	3:30	4:10
4x800m	8:30	10:30