



# 29<sup>th</sup> Annual FSU Relays

Florida State University • Mike Long Track

**March 27-29, 2008**

## 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 \$250.00 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 consist of ten (10) or less athletes, (girls and boys are separate), entry fee is \$15.00 per athlete.

## Entry Procedures:

- Entry should be completed online for all schools @ [www.DirectAthletics.com](http://www.DirectAthletics.com) . Entries are due **no later than 9:00pm on Wednesday, March 13<sup>th</sup>**.
- Unattached entries should be e-mailed to [ab03j@fsu.edu](mailto:ab03j@fsu.edu) no **later than 9:00pm on Wednesday, March 13<sup>th</sup>**.
- Accepted entries will be posted at noon on Monday, March 17<sup>th</sup> at [www.seminoles.com](http://www.seminoles.com)
- Meet information, performance lists, and full results will be available at [www.seminoles.com](http://www.seminoles.com) & [www.halfmiletiming.com](http://www.halfmiletiming.com)

## Packet Pick-up:

- Packets will be available beginning one hour prior to the first event of the meet at the check-in tent at the east entrance to the track.

## 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**

No false start rule 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 \$25 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 24<sup>th</sup> the week of competition.

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

## **Awards:**

- FSU Relay T-Shirts will be awarded to all 1<sup>st</sup> place finishers of High School Events
- FSU Relay Umbrellas will be awarded to all 1<sup>st</sup> place finishers of College Events.
- Team Trophy will be awarded to 1<sup>st</sup> 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.

Due to the size of the meet, there will be a cap on the number of participants accepted into this year's competition.

**ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET.**

Relay Events – Top 16  
Running Events- Top 24-30  
Invitational Mile- Top 30  
Invitational Two Mile- Top 30  
Field Events – Top 12-16

## **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 ab03j@fsu.edu no **later than 9:00pm on Wednesday, March 13<sup>th</sup>**.

Deadline is March 13<sup>th</sup> at 9:00 pm, 2008.

Accepted entries will be posted at noon on Monday, March 17<sup>th</sup> at [www.seminoles.com](http://www.seminoles.com)

**ENTERING IS NO GUARANTEE OF BEING ACCEPTED INTO THE MEET.**

## **Parking**

See Attachment

## **Hotel**

See FSU lodging at [www.seminoles.com](http://www.seminoles.com)

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



# TENATIVE TIME SCHEDULE

## **FSU Relays**

Florida State University • Mike Long Track

### Thursday, March 27, 2008

#### ■ Multi Events

**11:00 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

**4:00 pm Men's College** – Hammer  
**Women's College** – Hammer

#### ■ Running Events

**7:00 PM College Women**- 4 x 1500m Relay  
**College Men** - 4 x 1500m Relay  
**Women's College B Section** - 5000 meters  
**Men's College B Section** - 5000 meters  
**Women's College** - 3000 meters

### Friday, March 28, 2008

#### ■ Multi Events

**10:00 am Decathlon** – Day 2  
(110 Hurdles, Discus, Pole Vault, Javelin, 1500m)  
**12:00 pm Heptathlon** – Day 2  
(Long Jump, Javelin, 800m)

#### ■ Field Events

**10:00 AM Men's College** - High Jump  
**Women's College** - Long Jump- North Pit  
**Girls' High School** - Long Jump- South Pit  
**Women's College** - Pole Vault  
**Boys' High School** - High Jump  
**Men's College** - Long Jump - North Pit  
**Boys' High School** - Long Jump- South Pit  
**Boys' High School** - Pole Vault  
**Men's College** - Shot Put- West Pit  
**Girls' High School** - Shot Put- East Pit  
**Boys' High School** - Shot Put- East Pit  
**Women's College**- Shot Put - West Pit

**Women's College** – Javelin  
**Men's College** - Javelin

#### ■ Running Events

**11:00 AM National Anthem**  
**Girls' High School** – 100m High Hurdles  
**Boys' High School** - 110m High Hurdles  
**College women** – 4 x 100m Hurdles Relay  
**College men** - 4 x 110m Hurdles Relay  
**Girls' High School** – Distance Medley Relay  
**Boys' High School** – Distance Medley Relay  
**Women's College** – 4 X 200m Relay  
**Girls' High School** – 4 X 200m Relay  
**Boys' High School** - 4 X 200m Relay  
**Men's College** - 4 X 200m Relay  
**Women's College** - 4 x 800m Relay  
**Men's College** - 4 x 800m Relay  
**Girls' High School** – 4 X 800m Relay  
**Boys' High School** – 4 X 800m Relay  
**Girls' High School** – 400m Dash  
**Boys' High School**- 400m Dash  
**Women's College** – 400m Dash  
**Men's College**- 400m Dash  
**Boys' High School**- 300m Intermediate Hurdles  
**Girls' High School** - 300m Intermediate Hurdles  
**Women's College** - 400m Intermediate Hurdles  
**Men's College** - 400m Intermediate Hurdles  
**Girls' High School Invitational** – 3200 Meters  
**Boys' High School Invitational** – 3200 Meters  
**Women's College** - 3000 Meter Steeplechase  
**Men's College** - 3000 Meter Steeplechase  
**Women's College** - 5000 Meter  
**Men's College** - 5000 Meter  
**Men's** – 10000 meters  
**Women's** - 10000 meters

**ATTENTION: FINAL TIME SCHEDULE TO BE  
POSTED ON SEMINOLES.COM AFTER  
ENTRIES DEADLINE, MARCH 13<sup>TH</sup>, 2008.**

### Saturday, March 29, 2008

#### ■ Field Events

**10:00 AM Men's College** - Discus  
**Boy's High School** - Discus  
**Women's College** – High Jump  
**Girls' High School** - High Jump  
**Women's College** – Triple Jump – North Pit  
**Girls' High School** – Triple Jump  
**Men's College** - Triple Jump – South Pit  
**Boys' High School** – Triple Jump  
**Men's College** – Pole Vault  
**Girls' High School** – Pole Vault  
**Girls' High School** – Discus  
**Women's College** – Discus

#### ■ Running Events

**11:00 AM Presentation/National Anthem**  
**Preschool shuttle relay**  
**Women's College** – 100m High Hurdles  
**Men's College** - 110m High Hurdles  
**Girls High School** – 800m Run  
**Women's College** – 800m Run  
**Boys' High School** – 800m Run  
**Men's College** – 800m Run  
**Girls' High School** – 4 x 100m Relay  
**Women's College**– 4 x 100m Relay  
**Boys' High School** – 4 X 100m Relay  
**Men' College** – 4 X 100m Relay  
**Girls' High School Invitational** – 1600m Run  
**Boys' High School Invitational** – 1600m Run  
**Women's College** – 1600m Sprint Medley Relay  
**Men's College** – 1600m Sprint Medley Relay  
**Women's College** – 1500 Meters  
**Men's College** – 1500 Meters  
**Girls' High School** – 100m Dash  
**Boys' High School** – 100m Dash  
**Women's College** – 100m Dash  
**Men College** – 100m Dash  
**Men's College Invitational** – 100y Dash  
**Girls' High School** – 4 X 400m Relay  
**Women's College** – 4 X 400m Relay  
**Boys' High School** – 4 x 400m Relay  
**5:30 PM Men' College** – 4 x 400m Relay