



# 2018 FSU Relays

March 23-24, 2018 @ Mike Long Track



\* Saturday's high school competition will be streamed live. Registration acknowledges approval of appearance.



## Meet Information

### High School Entries

The entry fee is \$100 per gender, per school, or \$200 if both a boys and girls team are competing. Teams of seven (7) or fewer athletes - girls & boys are separate - the entry fee is \$15 per athlete.

Make all checks payable to:

Florida State Track & Field Officials Association and mail to:

**Chris Sumner - High School Coordinator**

1557 Sweet Plum Circle  
Tallahassee, FL 32312

Checks made out to Florida State University will not be accepted!!!

- The deadline for entries via fl.milesplit.com is Sunday, March 18, 2018 at 5 p.m.;
- All high school meet questions should be directed to Chris Sumner at LFCSumner3@aol.com;
- Accepted high school entries will be posted on Monday, March 19 at seminoles.com and fl.milesplit.com;

### High School Entry Standards

Following last season's success we will continue with the automatic qualifying standards. While Friday's meet is built around an 8-team college event (FSU, Florida, Alabama, Auburn, Georgia Tech, Southern Miss, Liberty & Dartmouth), **three high school events will be contested – Boys & Girls 800, 200 and Invitational 3200.**

\* All individual event entries with verifiable qualifying marks from the **2017 and/or 2018** seasons will be accepted into the meet;

\* **NEW!!!! Relay entries for the 4x100, 4x400 & 4x800 are open to all teams. Verifiable times from the 2018 season, only will be used for seeding purposes with sections contested fastest to slowest in order to allow maximum recovery for individual events!**

\* All Sprint Medley (1-1-2-4) entries will be accepted into the meet;

\* Due to the overwhelming response to the **Saturday morning consolation 3200 and 1600** events, please enter only those capable of 5:30/6:20 (1600 boys/girls) and 12:00/13:00 3200 (boys/girls);

\* All athletes must represent their respective high schools.

**Unattached athletes will not be accepted!!!**

### Guaranteed Entry Standards

Event	Boys	Girls
Discus	40.25m/132-0	31.20m/102-4
Shot Put	14.02m/46-0	10.51m/34-6
Long Jump	6.60m/21-8	5.28m/17-4
High Jump	1.87m/6-2	1.55m/5-1
Triple Jump	13.05m/42-9.75	10.75m/35-3.25
Pole Vault	3.81m/12-6	2.90m/9-6.25
100m	10.90	12.40
110/100 H	15.50	16.10
200	22.10	25.35
300 H	40.90	48.0
400m	50.25	59.40
800m	2:00.40	2:23.30
1600m Invitational	4:30.00	5:19.00
3200m Invitational	9:55.00	11:40.00
All Relays	Open	Open

## Meet Schedule

### Friday - March 23

#### Field Events

- 9:00 AM Hammer (M & W follow)  
12:30 PM Pole Vault (M & W follow)  
Long Jump (M)  
Long Jump (W)  
12:00 PM Discus (M & W follow)  
1:30 PM High Jump (M & W follow)  
3:00 PM Shot Put (M)  
Shot Put (W)  
3:30 PM Triple Jump (W)  
3:30 PM Triple Jump (M)  
5:00 PM Javelin (M & W follow)

#### Running Events

- 1:20 PM National Anthem**  
1:30 PM 110 Hurdles (M)  
100 Hurdles (W)  
2:00 PM 800 (M)  
800 (W)  
**800 (B)**  
**800 (G)**  
3:00 PM 4x100 Relay (M)  
4x100 Relay (W)  
3:15 PM 400 (M)  
400 (W)  
4:00 PM 400 Hurdles (M)  
400 Hurdles (W)  
4:30 PM 100 (M)  
100 (W)  
4:45 PM 2000 Steeplechase (M)  
2000 Steeplechase (W)  
5:10 PM 1500 (M)  
1500 (W)  
5:30 PM 200 (M)  
200 (W)  
**200 (B)**  
**200 (G)**  
6:10 PM 5000 (M)  
5000 (W)  
7:10 PM 4x400 Relay (M)  
4x400 Relay (W)  
**7:45 PM 3200 (B) - Invitational**  
**3200 (G) - Invitational**

### Saturday - March 24

#### Field Events

- 10:00 AM High Jump (G)  
Shot Put (G)  
Long Jump (G)  
Pole Vault (B & G follow)  
Discus (B)  
Long Jump (B)  
1:00 PM High Jump (B)  
Shot Put (B)  
Triple Jump (B)  
Discus (G)  
Triple Jump (G)

#### Running Events

- 7:30 AM 3200 (B) - Consolation  
3200 (G) - Consolation  
1600 (B) - Consolation  
1600 (G) - Consolation  
11:00 AM Sprint Medley 1-1-2-4 (B)  
Sprint Medley 1-1-2-4 (G)  
**11:50 AM National Anthem**  
12:00 PM 110 Hurdles (B)  
100 Hurdles (G)  
12:30 PM 4x800 Relay (B)  
4x800 Relay (G)  
1:30 PM 400 (B)  
400 (G)  
2:00 PM 100 (B)  
100 (G)  
3:00 PM 4x100 Relay (B)  
4x100 Relay (G)  
4:00 PM 300 Hurdles (B)  
300 Hurdles (G)  
4:30 PM 1600 (B) - Invitational  
1600 (G) - Invitational  
5:00 PM 4x400 Relay (B)  
4x400 Relay (G)

**Schedule subject to adjustments!!!**

**Key:** (B) high school boys; (G) high school girls; (M) college men; (W) college women

## College Meet Information

**FSU, Alabama, Auburn, Dartmouth, Florida, Georgia Tech, Liberty & Southern Miss**

- Registration via DirectAthletics. Entries due Monday, March 19 at 5 p.m.
- College competition will be contested only Friday, March 23.
- For college questions only contact Dave Beauchem at dbeauchem@fsu.edu.



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## Packet Pick-Up

Packet pick-up will be on Thursday, March 22 from 4-7 p.m. at Mike Long Track on the ground level between turns 1 & 2. Packet pick-up will resume 2 hours prior to the first event Friday and Saturday.

## Event Check-In

**Running Events:** Entrants must check in with the meet clerk 45 minutes prior to the start of the scheduled event. Athletes failing to report at this time will be scratched. Heats and flights may be reseeded at check-in.

**Field Events:** Entrants must report to the event site 45 minutes prior to the start of the scheduled event. Athletes failing to report will be scratched from the event. **Pole vault athletes** must check in 2 hours in advance of their events for weigh-ins. Pole vaulters will be allowed on the runway 1 hour prior to the start of the event. All athletes' numbers must be worn on the front of their jerseys except in the pole vault.

## Implement Weigh-In

Implements must be measured at the Implement Weigh-In Area located at the Northwest end of the track - across from the steeplechase water jump - no later than 90 minutes prior to the start of the scheduled event.

## Officiating

The Florida State Track and Field Officials Association will be in charge of the meet. Official times and order of finish for all races will be determined by the contracted timing company. Field events judges will measure, record and post results in feet and inches (for high school) and metric (for colleges) on the performance indicator boards for spectator interest.

## Protests

Protests 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. **There are no exceptions.**

## Warm-Up Area

All warm-ups must be conducted on the grass practice field adjacent to the track.

## Athletic Trainers

Tents for athletic trainers will be set up within the west fenced field adjacent to the track.

## High School Scratches

High school coaches, please **notify Chris Sumner (LFCSummer3@aol.com) of all scratches by Wednesday, March 21 by 7 p.m.** This will make the meet run more efficiently and assure the best possible competitive environment.

## High School Scoring

Both the boys and girls meet will be scored in one division with the top 8 places accruing points in the traditional 10-8-6-5-4-3-2-1 format for each event.

## Awards

- FSU Relays shirts will be awarded to all first-place finishers in both the high school and college events.
- Team trophies will be awarded to the champions and runner-ups for high school boys and girls competition, only.

