



Seminole Invitational

April 15-16, 2016
Florida State University
Mike Long Track

Meet Schedule

Friday, April 15

Field Events

12:00 pm	Men's Hammer/Women follow
3:50 pm	<i>National Anthem</i>
4:00 pm	Discus Men/Women follow
4:00 pm	High Jump Women/Men follow
7:00 pm	Long Jump Women/Men follow

Running Events

7:20 pm	Women's 3000m Steeplechase
7:40 pm	Men's 3000m Steeplechase
7:55 pm	Women's 800m
8:05 pm	Men's 800m
8:15 pm	Women's 5000m
8:40 pm	Men's 5000m

Saturday, April 16

Field Events

10:00 am	Javelin Men/Women follow
11:55 am	<i>National Anthem</i>
12:00 pm	Women's Triple Jump/Men follow
12:00 pm	Women's Pole Vault/Men follow
12:00 pm	Men's Shot Put/Women follow

Running Events

12:05 pm	Women's 100m Hurdles
12:20 pm	Men's 110m Hurdles
12:35 pm	Women's 4x100m Relay
12:50 pm	Men's 4x100m Relay
1:05 pm	Women's 400m
1:20 pm	Men's 400m
1:35 pm	Women's 100m
1:50 pm	Men's 100m
2:15 pm	Women's 400m Hurdles
2:30 pm	Men's 400m Hurdles
2:45 pm	Women's 200m
3:00 pm	Men's 200m
3:15 pm	Women's 1500m
3:30 pm	Men's 1500m
3:45 pm	Women's 4x400m Relay
4:00 pm	Men's 4x400m Relay

Entry Fees & Procedures:

Entry fee is \$300.00 per gender, per school, with a maximum entry fee of \$600 per college (12 athletes make up a full team); \$20.00 per individuals and \$5 for any college student with a valid school ID. Checks made out to Florida State University cannot be accepted.

Make all checks payable to and mail to:

FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION

Florida State Track & Field
attn: Seminole Invitational
1107 Spirit Way
Tallahassee, Fla. 32306

- Email unattached entries to **David Beauchem** at dbeauchem@fsu.edu by 8:00 pm on Monday, April 11. All athletes not competing with a college team must sign the waiver of liability /hold harmless agreement at packet pick-up in order to compete. Registration fee is due at time of packet pick-up
- College registration is available at DirectAthletics.com. College entries are due no later than 8:00 p.m. on Monday, April 11.
- Performance lists will be posted at Seminole.com on the track & field page by 6:00 pm on Wednesday, April 13.
- For additional questions contact **David Beauchem** at dbeauchem@fsu.edu

Packet Pick-up:

Packet pickup will begin on Friday at 10 a.m. at Mike Long Track at ground level between turns 1 and 2. Saturday packet pickup will begin at 8 a.m.

Event Check-In:

Running events: 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. **Heats and flights may be reseeded at check-in to insure full lanes and balanced flights.** Relay cards will be used for all relay events and will be included in packet.

Field events: 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 athletes' numbers must worn on the front of their jerseys, 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 steeplechase water jump - no later than 90 minutes prior to the start of the scheduled event.

Warm-Up Area:

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

Athletic Trainers:

Athletic trainers may set up tents within the west fenced field adjacent to the track.

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.