



2017 FSU Relays

University & High School Meet Information

March 24-25, 2017 @ Mike Long Track



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. If a team consists 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 cannot be accepted!!!

- High school registration is now open at fl.milesplit.com. **The deadline for entering is Sunday, March 19 at 5 p.m.**
- High school meet questions should be directed to Chris Sumner at LFCSumner3@aol.com
- **Accepted high school entries will be posted on Monday, March 20** at seminoles.com and fl.milesplit.com

High School Entry Standards

For the first time the FSU Relays will accept all entries meeting the standards below. Four events will be contested Friday, March 24 (110/100h, 800, 200, 3200). All others will be held Saturday, March 25.

* All individual event entries with verifiable qualifying marks from 2016 or 2017 seasons will be accepted into the meet;

* Only 2017 verifiable qualifying marks will be accepted for the 4x100, 4x400 & 4x800 relays;

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

* Due to the overwhelming numbers in the consolation 3200 & 1600 we respectfully ask that coaches enter only those capable of running 5:30/6:20 in the 1600 (boys/girls) and 12:00/13:00 in the 3200 (boys/girls);

* All high school teams will compete in one division. High school events will follow National Federation rules and athletes must be eligible according to their respective federations;

* All athletes must represent their respective high schools. No unattached athletes will be accepted.

Guaranteed Entry Standards

Event	Boys	Girls
Discus	132-0	102-0
Shot Put	46-0	34-6
Long Jump	21-6	16-6
High Jump	6-2	5-2
Triple Jump	42-0	33-6
Pole Vault	13-0	9-6
100m	11.0	12.6
110/100 Hurdles	15.75	16.50
200	22.30	25.50
300 Hurdles	41.50	48.0
400m	51.0	1:00
800m	2:02	2:25
1600m	4:30 (Invitational)	5:15
3200	9:55 (Invitational)	11:40
4x100 Relay	43.5	51.0
Sprint Medley	Open	Open
4x400 Relay	3:30	4:12
4x800 Relay	8:20	10:20

College Meet Information

FSU, Alabama, Auburn, Georgia Tech, Liberty & Southern Miss

- College team registration will be through DirectAthletics. **Entries are due no later than 5 p.m. on Monday, March 20.**
- College competition will be contested only Friday, March 24. Schedule information is below. Further details about seeding, scoring, etc. will be communicated directly in the near future.
- Contact college meet director Dave Beauchem at dbeauchem@fsu.edu with questions.

Competition Schedule

Friday - March 24, 2017

Field Events

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

Running Events

1:55 PM	<i>National Anthem</i>
2:00 PM	110 Hurdles (M)
	110 Hurdles (B)
	100 Hurdles (W)
	100 Hurdles (G)
3:00 PM	800 (M)
	800 (W)
	800 (B)
	800 (G)
3:50 PM	<i>Special Recognition</i>
4:00 PM	4x100 Relay (M)
	4x100 Relay (W)
4:15 PM	400 (M)
	400 (W)
4:40 PM	100 (M)
	100 (W)
5:00 PM	1500 (M)
	1500 (W)
5:30 PM	200 (M)
	200 (W)
	200 (B)
	200 (G)
6:20 PM	400 Hurdles (M)
	400 Hurdles (W)
6:40 PM	5000 (M)
	5000 (W)
7:30 PM	4x400 Relay (M)
	4x400 Relay (W)
8:00 PM	3200 (B) - <i>Invitational</i>
	3200 (G) - <i>Invitational</i>

Saturday - March 25, 2017

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)

Note: The girls pole vault will immediately follow the completion of the boys pole vault.

Running Events

7:30 AM	3200 (B) - <i>Consolation</i>
	3200 (G) - <i>Consolation</i>
	1600 (B) - <i>Consolation</i>
	1600 (G) - <i>Consolation</i>
11:30 AM	Sprint Medley 1-1-2-4 (B)
	Sprint Medley 1-1-2-4 (G)
12:25 PM	<i>National Anthem</i>
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) - <i>Invitational</i>
	1600 (G) - <i>Invitational</i>
5:00 PM	4x400 Relay (B)
	4x400 Relay (G)

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



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Packet Pick-Up

Packet pick-up will be on Thursday, March 23 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.

Scratches

High school coaches, please **notify Chris Sumner (LFCSummer3@aol.com) of all scratches by Wednesday, March 22 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.

