



2018 FSU Relays

March 23-24, 2018 @ 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 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 seminole.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;

* Relay entries for the **4x100, 4x400 & 4x800** require verifiable qualifying marks from the **2018 season only**;

* 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, we 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 athletes must represent their respective high schools.

No unattached athletes will 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
4x100	43.50	51.0
Sprint Medley	Open	Open
4x400	3:30.00	4:12.00
4x800	8:26.00	10:20.00

College Meet Information

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

- College team registration will be through DirectAthletics. Entries are due no later than 5 p.m. on Monday, March 19.
- College competition will be contested only Friday, March 23. 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.

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