



Relays

March 22-23, 2019
@ Mike Long Track

Meet Information

College Information

The college portion of the FSU Relays is by invitation only. The 2019 meet will be a seven-team, scored affair, including Alabama, Auburn, Florida, Georgia, Georgia Tech, Liberty and host Florida State.

- All college events will be contested Friday, March 22.
- Register via Direct Athletics. Entry deadline is Monday, March 18 by 5 p.m. (ET)
- Direct college meet questions to Dave Beauchem at dbeauchem@fsu.edu.

High School Entries

The entry fee is \$100 per gender, per school (\$200 if both boys and girls teams are competing). For 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!!!

- **Entry deadline is Sunday, March 17 at 5 p.m (ET)** at fl.milesplit.com;
- High school meet questions should be directed to Chris Sumner at LFCSumner3@aol.com;
- Accepted high school entries will be posted on Monday, March 18 at Seminole.com and fl.milesplit.com;

High School Entry Standards

• The meet is open to all NFHS-sanctioned schools in good standing.
The FSU Relays are not responsible for competition restrictions in place from specific states or schools!!!

- Athletes must meet automatic qualifying standards (listed below);
- Exceptions:** Relays and the consolation 3200 and 1600 races;
- **All individual event entries** with verifiable qualifying marks from the **2018 and/or 2019** seasons will be accepted into the meet;
- Three high school events will be contested Friday around the college meet: boys & girls 800, 200 and Invitational 3200 (**listed in bold**);
- **Verifiable times from the 2019 season will be used for seeding all relay entries. Sections will be contested fastest to slowest in order to allow maximum recovery for individual events!**

- Due to the popularity of Saturday's morning consolation 3200 and 1600 races, 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!!!

Meet Schedule

Friday - March 22

Field Events

- 9:00 AM Hammer (M & W follow)
11:30 AM Senior Recognition
 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 (M)
 3:30 PM Triple Jump (W)
 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 Women's 50th Celebration
 6:20 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 23

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 National Anthem
 11:10 AM 110 Hurdles (B)
 100 Hurdles (G)
 11:40 AM 4x800 Relay (B)
 4x800 Relay (G)
 12:30 PM 400 (B)
 400 (G)
 1:00 PM 100 (B)
 100 (G)
 1:40 PM 4x100 Relay (B)
 4x100 Relay (G)
 3:30 PM 300 Hurdles (B)
 300 Hurdles (G)
 4:00 PM 1600 (B) - Invitational
 1600 (G) - Invitational
 4:30 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

High School Guaranteed Entry Standards

Running Events	Boys	Girls	Field Events	Boys	Girls
100m	11.10	12.50	Discus	40.20m/131-10	30.50m/100-0
110/100 H	15.50	16.00	Shot Put	13.86m/45-6	10.51m/34-6
200	22.40	25.25	Long Jump	6.55m/21-6	5.18m/17-0
300 H	41.30	48.10	High Jump	1.87m/6-1.50	1.55m/5-1
400m	51.00	59.90	Triple Jump	13.00m/42-8	10.56m/34-8
800m	2:01.00	2:23.00	Pole Vault	3.81m/12-6	2.90m/9-6.25
1600m Invitational	4:31.50	5:18.00			
3200m Invitational	9:57.00	11:35.00			
All Relays	Open	Open			



2019 FSU Relays

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Packet Pick-Up

Packet pick-up will be on Thursday, March 21 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. **Note:** Pole vault coaches will be moved from trackside to a coaching box outside the track but adjacent to the competition area prior to the start of competition.

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 metric for all competitors, with corresponding feet-and-inch results posted on performance boards for spectators.

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 20 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 the high school events only.
- Team trophies will be awarded to the champions and runner-ups for high school boys and girls competition, only.

FSU Relays High School Meet Records

High School Boys

100m	Marvin Bracy	Boone	2011	10.28
200m	Hakim Ruffin	Hoover (Ala.)	2018	21.02
400m	Leander Forbes	Leon	2017	47.09
800m	John Rivera	Lakewood Ranch	2017	1:51.89
1600m	Wesley Pectol	Greenville (Tenn.)	2014	4:09.42
3200m	Jacob McLeod	Trinity Christian (Ga.)	2018	8:52.70
110m H	Trey Cunningham	Winfield City (Ala.)	2017	13.51
300m H	Marion Humphrey	Hoover (Ala.)	2018	36.90
4x100m	Wekiva		2011	41.57
4x200m	Lincoln		2012	1:27.70
4x400m	Lincoln		2017	3:16.64
4x800m	Niceville		2014	7:51.69
DMR	Tampa Jesuit		2006	10:23.98
SMR (1-1-2-4)	Mainland		2018	1:33.10
High Jump	Jaasiel Torres	Sarasota	2017	6-10.75/2.10m
Pole Vault	Drew McMichael	Evangelical Christian	2015	16-5/5.00m
Long Jump	Lavorrie Johnson	Godby	2010	23-6.50/7.17m
Triple Jump	Clarence Powell	Cottondale	2007	48-10/14.88m
Shot Put	Cole Upthegrove	Chiles	2016	58-8.25/17.88m
Discus	Jacob Lemmon	Fort Myers	2018	193-3/58.90m

High School Girls

100m	Teona Rodgers	Wharton	2007	11.63
200m	Karimah Davis	Palm Beach Central	2017	23.38
400m	Karimah Davis	Palm Beach Central	2017	53.87
800m	Caitlin Collier	Bolles	2018	2:04.78
1600m	Caitlin Collier	Bolles	2018	4:47.61
3200m	Carmen Carlos	McGill-Toole (Ala.)	2013	10:15.70
100m H	Teona Rodgers	Wharton	2007	13.51
300m H	Britley Humphrey	Hoover (Ala.)	2016	41.93
4x100m	Stockbridge (Ga.)		2017	46.85
4x200m	Lincoln		2016	1:39.22
4x400m	Stanton Prep		2014	3:50.30
4x800m	Hoover (Ala.)		2018	9:21.20
DMR	Bishop Kenny		2009	12:33.76
SMR (1-1-2-4)	Pine Forest		2018	1:47.49
High Jump	Danielle Williams	Pensacola	2008	5-7/1.70m
Pole Vault	Carson Dingler	Mary Parsons (Ala.)	2017	13-10/4.22m
Long Jump	Daryth Gayles	Holy Trinity	2014	19-4/5.89m
Triple Jump	Darrielle McQueen	NFC	2014	40-2.75/12.26m
Shot Put	Sarah Howard	Trinity (Ga.)	2010	47-2/14.37m
Discus	Victoria Reiman	Bolles	2012	137-05/41.88m