



# 2023 Relays

## High School Meet Information

**When:** March 24-25, 2023

**Where:** Mike Long Track, Florida State University

*Please read carefully. We have made administrative changes in 2023.*

### Entry & Fees

\$125 per gender, per school (\$250 if both boys and girls teams are competing), or \$20 per athlete for teams of fewer than 7 athletes. Boys and girls teams are considered separate.

- **Entry deadline is Monday, March 20 at 11:59 p.m (ET)** and must be made through [DirectAthletics](#). All participating schools must create a team account (at no charge) before registering.
- **Entry fees must be paid with credit/debit cards through DirectAthletics' secure account.** Checks/cash payments will not be accepted.
- **Teams and athletes will not be entered into the meet without accompanying payment.** Late entries and payment will not be accepted.
- Direct all questions to FSU Relays high school coordinator

**Bob Thomas** [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com)

- Race assignments will be posted Wednesday, March 22 at [seminoles.com](#) and other outlets.

### Entry Standards

- The meet is open to all NFHS-member schools in good standing and eligible for state series competition. FSU Relays has submitted for interstate sanctioning with the NFHS.
- Athletes must be eligible according to the rules of the governing bodies for their respective schools (ex., FHSA).

• **Only individual entries that meet the qualifying standards from the 2022 or 2023 seasons will be accepted into the meet** (see chart) based on verifiable marks (TFRRS, Milesplit, Athletic.net, etc.).

**\* We will run 400H and also accept 2022 300H times to set field.\***

• We welcome adaptive 200m and 100m athletes for the first time and will contest both ambulatory and wheelchair heats based on entries.

- Athletes must meet the qualifying standards by the conclusion of competition on Saturday, March 18, 2023. **No exceptions.**
- Athletes must represent their high schools. **Unattached athletes will not be accepted.**

• **All entries for the 4x100, 4x400 and 4x800 relays will be accepted** (one per team), in addition to the **consolation 1600 and 3200 entries.**

• **Only relay times from the 2023 season will be used for seeding.**

Relays entered without a time will be placed in the slowest section. Sections will be contested fastest to slowest to allow maximum recovery for individual events.

- Due to the popularity of Saturday's morning consolation 3200 and 1600 races, enter only those capable of running 5:30/6:30 (1600 boys/girls) and 12:00/13:00 (3200 boys/girls).

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## High School Meet Schedule

### Friday - March 24

- 6:00 pm Girls Javelin (boys follow)
- 6:30 pm Girls 800 (boys follow)
- 7:15 pm Girls 200 (boys follow) - **followed by adaptive heats**
- 8:00 pm Girls Invitational 3200 (boys follow)

### Saturday - March 25

#### Field Events

- 10:00 am Boys Pole Vault
- Girls High Jump
- Girls Shot Put
- Boys Discus
- Boys Long Jump
- Girls Long Jump
- 1:00 pm Girls Pole Vault
- Boys High Jump
- Boys Shot Put
- Girls Discus
- Boys Triple Jump
- Girls Triple Jump

#### Running Events

- 7:30 am Girls Consolation 3200 meters (boys follow)
- Girls Consolation 1600 meters (boys follow)
- Consolation sections only will be run fast-to-slow*
- 11:00 am **National Anthem**
- 11:10 am Girls 100 hurdles
- 11:20 am Boys 110 hurdles
- 11:30 am Girls 4x800 relay (boys follow)
- 12:20 pm Girls 400 dash (boys follow)
- 12:40 pm Girls 100 dash (boys follow) - **followed by adaptive heats**
- 12:50 pm Girls 400 hurdles (boys follow)
- 1:20 pm Girls 4x100 relay (boys follow)
- 1:45 pm Girls Invitational 1600 (boys follow)
- 2:25 pm Girls 4x400 relay (boys follow)

**\*\*\*FINAL SCHEDULE WILL BE AVAILABLE AT PACKET PICK-UP\*\*\***

## Qualifying Standards

Running Events	Boys	Girls
100m	10.90	12.25
110/100 H	15.90	15.80
200	22.30	25.10
400H (300H times)	57.82 (41.30)	1:08.05 (46.90)
400m	50.50	58.50
800m	1:59.80	2:22.10
1600m Invitational	4:32.50	5:20.00
3200m Invitational	9:55.00	11:43.00
Field Events	Boys	Girls
Javelin	43.50m (142-8)	30.90m (101-4)
Discus	40.55m (133-0)	32.90m (107-11)
Shot Put	14.00m (45-11.25)	10.75m (35-3.25)
Long Jump	6.60m (21-8)	5.30m (17-4.5)
High Jump	1.85m (6-0.75)	1.55m (5-1)
Triple Jump	13.05m (42-9.75)	10.75m (35-3.25)
Pole Vault	3.90m (12-9.5)	3.15m (10-4)

## Scratches

Submit all scratches to **Bob Thomas** [bttrackguy@outlook.com](mailto:bttrackguy@outlook.com) by Tuesday, March 21 at 7 p.m.

## Packet Pick-Up

High school packet pick-up will be held on **Friday, March 24 beginning at 3 p.m.** and **Saturday, March 25 beginning at 6 a.m.** and will be located at the gate entrance outside Mike Long Track.

## 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 at this time will be scratched. Pole vaulters must check in two hours in advance of their event for weigh-in. They will be allowed on the runway 1 hour prior to the start of the event. **Note:** *Pole vault coaches will be moved from trackside at the conclusion of warm-ups to a designated coaching box outside the track but adjacent to the competition area.*

**\*\*\*High school coaches will not be allowed inside the fenced track at any time during the competition\*\*\***

## Practice & Warm-Up Area

All warm-ups must be conducted on the grass practice field adjacent to the track. There will be no practice allowed on the track prior to the start of the meet and through its conclusion.

## Implement Weigh-In

Implements must be measured at the 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 **TLH Track & Field Officials Association, Inc.** 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 foot-and-inch results posted on performance boards for spectators.

## Timing

Prime Time Timing [pttiming.com](http://pttiming.com) returns for its eighth year fulfilling all the timing needs. A live results link, to include all field events, will be provided in advance of the meet.

## 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.**

## Team Camps

Team camps can be set up outside the fenced track, **except in front of the FSU track & field building, in designated coaches boxes or blocking any walkways.** Teams that choose to set up camp inside the warm-up area adjacent to the track must set their tents up against the perimeter fencing, leaving the center of the field clear for warm-ups.

## Athletic Trainers

Athletic trainer tents will be set up within the warm-up area adjacent to the track. FSU trainers will be on hand to assist any athletes in need.

## Scoring & Awards

The 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.

- FSU Relays shirts will be awarded to all first-place finishers in the high school events only.
- Championship team trophies will be presented to the top-scoring boys and girls team.

# 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	Zyaire Nuriddin	Montverde Academy	2022	46.19
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	Lake Mary		2019	41.44
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	Curtis Williams	Leon	2019	23-11.75/7.31m
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	2019	195-4/59.55m
Javelin	Cole Crkvenac	New Smyrna Beach	2022	186-5/56.82m

## High School Girls

100m	Micayah Holland	Montverde Academy	2022	11.47
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	Caroline Wells	Winter Springs	2022	10:10.81
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	Lincoln		2019	3:48.36
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
	Janina Hodges	Sandy Creek (Ga.)	2019	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
Javelin	Emily Rohan	Bolles	2022	127-1/38.75m