



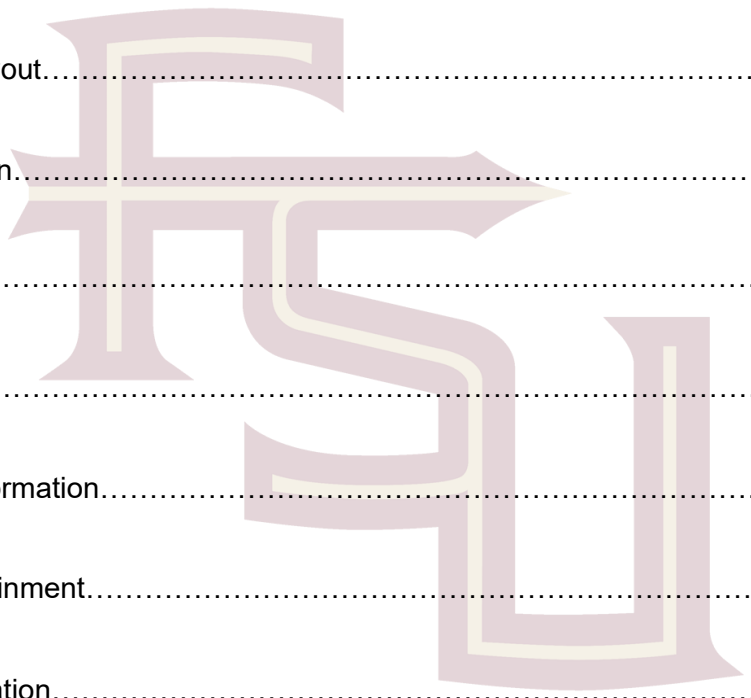
FLORIDA STATE TRACK & FIELD

2023 VISITING TEAM GUIDE



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202&-202' SCHEDULE

Indoor Season:

Fri.-Sat., Jan. 13-14	Clemson Invitational	Clemson, S.C.
Fri.-Sat., Jan 20-21	Vanderbilt Invitational	Nashville, TN
Fri-Sat, Jan. 27-28	Razorback Invitational	Fayetteville, AR
Sat, Feb. 4	Meyo Invitational	South Bend, IN
Fri-Sat., Feb. 10-11	Don Kirby Invitational	Albuquerque, NM
Fri-Sat., Feb. 10-11	David Hemery Invitational	Boston, Mass.
Thurs.-Sat., Feb-23-25	ACC Indoor Championships	Louisville, KY
Fri.-Sat., Mar. 10-11	NCAA Indoor Championships	Albuquerque, NM

Outdoor Season:

Fri.-Sat., Mar 17-18	Tiger Track Classic	Auburn, Ala.
Thurs.-Fri., Mar 23-24	Raleigh Relays	Raleigh, N.C.
Thurs.-Fri., Mar. 23-24	FSU Relays	Tallahassee, FL
Fri.-Sat., Mar. 31- Apr. 01	Pepsi Florida Relays	Gainesville, FL
Fri.-Sat., Apr. 14-15	Tom Jones Invitational Virginia	Gainesville, FL
Fri.-Sat., Apr. 21-22	Wake Forest Invitational	Winston Salem, NC
Sat., Apr. 22	LSU Alumni Gold	Baton Rouge, LA
Fri.-Sat., Apr 28-29	Longhorn Invitational	Austin, TX
Fri.-Sat., Apr 28-29	UNF Invitational	Jacksonville, FL
Thurs.-Sat., May11-13	ACC Outdoor Championships	Raleigh, N.C.
Wed.-Sat., May 24-27	NCAA East Preliminaries	Jacksonville, FL
Wed.-Sat., Jun 07-10	NCAA Outdoor Championships	Austin, TX

BOLD denotes home meet - Tallahassee, Fla. – Mike Long Track

UNIVERSITY QUICK FACTS

Location..... Tallahassee, FL
Founded..... 1851
President..... Robert McCullough
Director of Athletics..... Michael Alford
Colors..... Garnet & Gold
Symbols..... Seminole; Osceola & Renegade
Track..... Mike Long Track
First Year of Track & Field..... 1948
Conference..... ACC (Atlantic Coast Conference)
ACC Championships..... 33 (Men: 24, Women: 9)
National Championships..... 4 (Men: 2 {2006 & 2008}, Women: 2 {1984 & 1985})
Head Coach..... Bob Braman, 18th year

CONTACT INFORMATION & SOCIAL MEDIA

Physical Address: FSU Athletics Department
403 Stadium Drive West, Room D0107
Tallahassee, FL 32306

Physical Address of Mike Long Track:
1104 Spirit Way Tallahassee, FL 32306

Gameday Manager: Taylor Wheaton, Associate Director
of Facilities & Events

Email: twheaton@fsu.edu

Cell: 850.228.5549

Gameday Graduate Assistant: Ryan Burke

Email: rkburke@fsu.edu

Cell: 850.933.1902

Director of Operations: Dillon Yearby

Email: dy22@fsu.edu

Cell: 812.549.9722

Website: Seminole.com



Twitter: @Seminole
@FSU_Track



Instagram: @fsu_track



Facebook: @FSUTrack



FSU TRACK & FIELD DIRECTORY

Director of Athletics

Michael Alford
Email: AD@athl.fsu.edu
Phone: 850.644.1079

Sport Oversight

Tasha Fisher
Email: tfisher@fsu.edu
Phone: 850.644.5932

Head Track & Field Coach

Bob Braman
Email: rbraman@fsu.edu
Phone: 850.645.1250

Media Relations/Digital Media

Rob Wilson, Associate Athletics Director for
Communications
Email: rlwilson@fsu.edu
Phone: 850.644.5678

Sports Medicine

Logan Speicher, Athletic Trainer – Track & Field
Email: Lspeicher@fsu.edu
Phone: 813.270.0328

Strength & Conditioning

Erik Myra, Assistant Strength & Conditioning Coach
Email: emyyra@fsu.edu

Deputy AD for Administration

Cindy Hartmann
Email: chartman@fsu.edu
Phone: 850.645.2368

Special Assistant to Athletics Director

Vicki Cupp
Email: vcupp@fsu.edu
Phone: 850.644.1890

Assoc. AD for Communications

Rob Wilson
Email: rlwilson@fsu.edu
Phone: 850.644.5678

Senior Associate AD/CFO

Ross Cobb
Email: Ross.cobb@fsu.edu
Phone: 850.644.8091

Assoc. AD for New Revenue & Marketing

Jason Dennard
Email: jdennard@fsu.edu
Phone: 850.644.4397

Senior Associate Athletics Director



Jim Curry
Email: jmcurry@fsu.edu
Phone: 850.644.7926

MIKE LONG TRACK LAYOUT



Guide: Teams will enter the facility through one of the designated entrances marked on the map above. The team tent and warm-up area will be in the field adjacent to the Mike Long Track in front of the beach volleyball courts. Clerking will be located just inside the main entrance of the Mike Long Track. Implement Inspection will take place at the storage building in the northwest corner of the track, adjacent to the shot-put area.

- Legend:

-  (Team Entrances)
-  (Spectator Entrance)

MEET DAY INFORMATION

Athlete Registration: Registration for the meet will be done through Directathletics.com. ***The deadline for registration is Monday, March 20th 5:00 PM.*** Accepted entries will be posted on the FSU Track Website. Unattached entries will not be allowed without approval. Florida State University's Head Track & Field Coach, Bob Braman, must be contacted at rbraman@fsu.edu prior to the entry deadline on Monday, March 21st at 5:00 PM for approval. The entry fee will be \$500 per team, per gender. Unattached entries will be \$30 per person, or \$10 with a valid college ID.

Event Check-In/Staging: Check-in for field events will be at the event site and will take place at least 30 minutes prior to the start of the event. Check-in for track events will take place at the clerking tent located inside the main gate at least 30 minutes prior to the start of the event.

Implement Inspection: Implement inspection will take place at 11:00 AM on Thursday, March 23rd and at 8:00 AM on Friday, March 24th. Implements will need to be checked in at the storage building adjacent to the shot-put area at the northwest corner of the track.

Media/Results: Results will be available on pttiming.com. Live scoring will also be available at pttiming.com. Following the meet, complete results will be available for pick-up at the track press box. To receive results via email please contact Tim Hofmann, SID Assistant – Track & Field, at thofmann@fsu.edu.

Medical Services: The medical services area will be located at a designated tent in the team tent/warm-up field. Athletic training staff will be available on both meet days.

Practice: Practice will be held on Thursday, March 23rd from 8:00 AM to 1:00 PM. To schedule additional practice time on Wednesday, March 22nd please contact Dillon Yearby at dy22@fsu.edu by Monday, March 20th at 4:30 PM.

Spike Recommendations: Quarter-inch pyramid spikes are recommended for all track and field events.

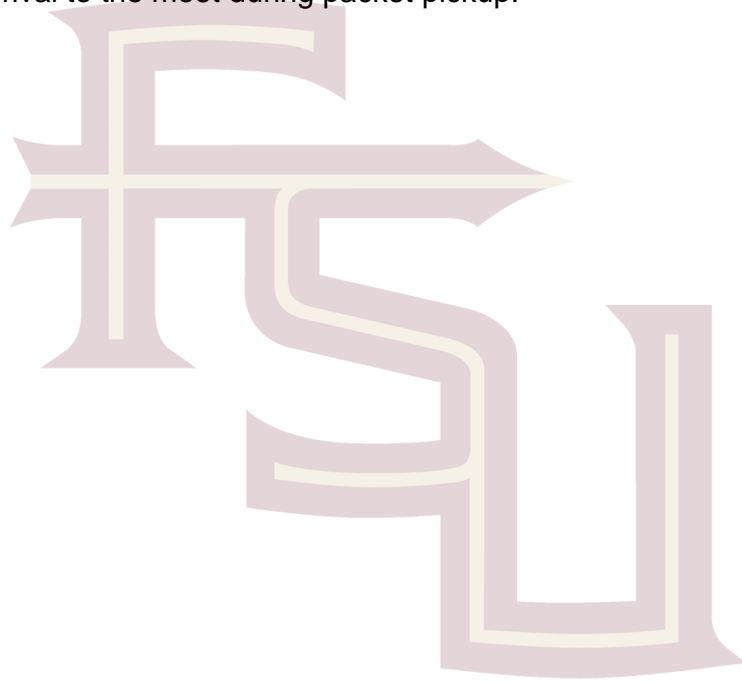
Team Camps/Warm-up Areas: The team camps and warm-up area will be in front of the beach volleyball courts directly adjacent to the Mike Long Track.

For all tent, table, and chair rentals please reach out to: Jack Ballou – The Seminole Experience – Sales Manager
m: 404-909-3476 | o: 850-815-0009
jack.ballou@revelxp.com

MEET DAY INFORMATION CONTD.

Wristbands/Credentials: Wristbands and photo vests will be provided to various personnel upon arrival to the meet and will be distributed as follows:

- **Sports Information:** Wristbands will be provided to team Sport Information Directors upon arrival to the meet. To request a credential, please contact Rob Wilson, Associate Athletics Director for Communications, at rwilson@fsu.edu.
- **Local Media:** For local media, the deadline to apply for a credential will be March 16th at 5:00 PM. Upon approval, a photo vest will be provided at the meet for access. To apply, contact Rob Wilson, Associate Athletics Director for Communications – Track & Field, at rwilson@fsu.edu.
- **Coaches/Team Personnel:** Wristbands will be provided to all coaches and team personnel upon arrival to the meet during packet pickup.



MEET DAY PARKING MAP




Lots to park in on Thursday and Friday: Parking will be available on Thursday and Friday in the FSU Softball Lot directly across from the Mike Long Track, the Spirit Way Garage adjacent to the team tent/warm-up area, and the lot directly across from Tully Gymnasium. The team entrance (marked by a red arrow) will be located at the entrance of the FSU Beach Volleyball Courts. The spectator entrance (marked by a yellow arrow) will be located at the main gate of the Mike Long Track.

Bus Parking: Any teams arriving with a bus will need to park in the designated bus lot located at the corner of Lake Bradford Rd. and Airport Rd.

- **Directions:** From the Mike Long Track, take West Call St. to Stadium Dr., take Stadium Dr. to Airport Rd., then stay on Airport Rd. to the designated bus lot.

- Legend:

-  (Team Entrances)
-  (Spectator Entrance)

CLEAR BAG POLICY

Each fan is allowed one clear bag (plus clutch or small purse) into FSU home athletic events that conform to the following restrictions:

- CLEAR plastic, vinyl or PVC no larger than 12" x 6" x 12" (readily available one-gallon, clear, re-sealable plastic storage bags meet the policy)
- If a logo appears on the bag, it cannot be larger than 4.5" x 6.5"
- Small clutch bags no larger than 4.5" x 6.5", or approximately the size of a hand, with or without a strap are allowed.
- Medically necessary items that are too large to fit into a clear bag within allowable dimensions can be brought only after clearing a screening process at the main gate. The clear bag policy has been adopted to allow for a safer environment at Florida State home events and in keeping with increased security practices being implemented at venues around the country.

Frequently Asked Questions About the Clear Bag Policy

How does this policy improve public safety?

The clear bag is easily and quickly searched and greatly reduces faulty bag searches. It also supports the Department of Homeland Security's "If You See Something, Say Something" campaign.

How is this policy more convenient for fans?

Clear bags will enable security to move fans through check points much faster than in the past. A standard bag eliminates the need for bag templates to check bag sizes. Clear bags will allow staff to be more efficient and effective in keeping you safe by preventing dangerous items from entering the Mike Long Track.

How many bags can each person bring into the Mike Long Track?

One large clear bag – either a one-gallon Ziploc style bag or the 12" x 6" x 12" clear bag – plus a small clutch. The larger clear bag must be a standard 12" x 6" x 12" made of CLEAR PVC vinyl and visually searchable. The small clutch allows for privacy for small personal items and is easily searched.

Are seat cushions, seat back chairs allowed?

Yes, seat cushions and seat back chairs will be allowed to be placed on the bleachers at the Mike Long Track. (See posted list on right.)



The sign features the Florida State logo at the top. Below it, the text reads "FLORIDA STATE CLEAR BAG POLICY". Underneath, it says "APPROVED ITEMS" and lists five categories with illustrations: CLUTCH (4.5" x 6.5"), SMALL PURSE (4.5" x 6.5"), WALLET, CLEAR TOTE BAG (12" x 6" x 12", one bag per person), and PLASTIC STORAGE BAG (one gallon, resealable, clear, one bag per person).

Current list of prohibited items includes, but is not limited to, the following:

- Alcohol or illegal drugs
- Weapons or explosives
- Umbrellas
- Food or beverage from outside the track
- (Empty bottles or cups will be permitted)
- Hard coolers or ice chests
- All bags that are not clear plastic, vinyl, or PVC
- All bags larger than 12" x 6" x 12"
- Chair backs with arms or chairbacks that are larger than a single seat
- Artificial noisemakers (whistles, bells, airhorns)
- Video equipment, tape recorders, cameras with lenses longer than 6"
- Sticks, poles, flags, or signs
- Laser pointers
- Laptops
- Pets
- Strollers
- Personal transportation devices
- (Skateboards, hover boards, etc.)
- Beach balls or other airborne objects

Additional items may be prohibited at the discretion of the law enforcement officials as dictated by increased threat conditions.

FOOD INFORMATION

4 Rivers Smokehouse

1817 Thomasville Rd. #100
844.474.8377

Andrew's Downtown

228 S. Adams St.
850.222.3444

Blaze Pizza*

220 S. Magnolia Dr.
850.795.4519

Bonefish Grill

3491 Thomasville Rd.
850.297.0460

Bumpa's Local 349

2738 Capital Cir NE
850.999.8652

Carrabba's Italian Grill

2779 Capital Circle NE
850.297.1100

Chick-Fil-A*

1775 W. Tennessee St.
850.224.2112

Chipotle Mexican Grill*

1801 W. Tennessee St.
850.297.1100

Dominos*

2320 Apalachee Pkwy.
850.878.6146

Food Glorious Food

1950 Thomasville Rd.
850.224.9974

Firehouse*

1426 W. Tennessee St.
850.521.0300

Glory Days

1926 Capital Cir. NE
850.919.3779

Gordo's*

1907 W. Pensacola St.
850.576.5767

Jersey Mike's*

1801 W. Tennessee St.
850.765.0712

Jimmy Johns*

1080 W Tennessee St.
850.521.9988

Longhorn Steakhouse

2400 N. Monroe St.
850.385.4028

Madison Social

705 S. Woodward Ave.
850.894.6276

Mission BBQ

216 S. Magnolia Dr.
850.702.3513

Moe's SW Grill*

1444 W. Tennessee St.
850.561.6637

Panera Bread*

800 Ocala Rd.
850.580.8918

Texas Roadhouse

3131 Capital Circle NE
850.523.2250

* Denotes multiple locations

TALLAHASSEE ENTERTAINMENT

MOVIES

AMC Tallahassee 20

147 Vermillion Blvd.
850.386.7873

CMX Cinemas Fallschase

2415 N. Monroe St.
850.241.7860

Movies @ Governor's Square

1501 Governor's Square Blvd.
844.462.7342

SHOPPING

Bannerman Crossing

3425 Bannerman Rd
850.219.5210

Governor's Square Mall

1500 Apalachee Parkway
850.877.8107

FOOD AND GAMES

District 850

2662 Fleischmann Rd.
850.513.2114

Fun Station

2821 Sharer Rd.
850.383.0788

Hanger 38

6668 Thomasville Rd.
850.999.2606

Urban Air Adventure Park

1644 Governors Square Blvd.
850.270.2399

Capital Lanes

820 Capital Cir NE
850.422.2695

ATTRACTIONS/MUSEUMS

Antique Car Museum

6800 Mahan Dr.
850.942.0317

Cascades Park

1011 S. Gadsden St.
850.891.3866

Challenger Learning Center

200 S. Duval St.
850.645.7827

Maclay Gardens State Park

3540 Thomasville Rd.
850.487.4556

Museum of Florida History

500 S. Bronough St.
850.245.6400

Tallahassee Museum

3945 Museum Rd.
850.575.8684

Additional Info: VisitTallahassee.com

AIRPORT & TRANSPORTATION

TALLAHASSEE AIRPORT

3300 Capital Circle SW

General Information:

850.891.7800

Tallahassee International

Airport FAQ – [Click here](#)

AIRLINES

American Airlines

800.221.1212

Delta

800.221.1212

Sliver Airways

801.401.9100

BUS CHARTER SERVICES

Astro

4876 Woodlane Circle

850.514.1793

Falcon Charter Bus Tallahassee

1836 Hermitage Blvd. #200

850.213.1782

TAXI SERVICES

City Taxi, Inc.

811 Mabry St.

850.575.7575

Yellow Cab

3941 W. Pensacola St.

850.999.9999

Tallahassee Taxi Cabs

2105 Lake Bradford Rd.

850.264.3418

CAR RENTALS

Alamo

3300 Capital Circle SW

844.370.9185

Avis

3300 Capital Circle SW

850.576.4133

Budget

3300 Capital Circle SW

850.576.0587

Enterprise

3300 Capital Circle SW

850.740.1726

Hertz

3300 Capital Circle SW

850.575.7959

National

3300 Capital Circle SW

844.370.9184

LODGING INFORMATION

AC Hotel by Marriott

801 S. Gadsden St., Tallahassee, FL 32301

2.7 miles to Mike Long Track

Phone Reservations: 850.392.7700

Aloft Hotel Downtown

200 N. Monroe St., Tallahassee, FL 32301

2.2 miles to Mike Long Track

Phone Reservations: 850.513.0313

Courtyard by Marriott – Downtown/Capital

1018 Apalachee Pkwy., Tallahassee, FL 32301

3.7 miles to Mike Long Track

Phone Reservations: 850.222.8822

Doubletree by Hilton Tallahassee

101 S. Adams St., Tallahassee, FL 32301

2.2 miles to Mike Long Track

Phone Reservations: 850.224.5000

Four Points by Sheraton Tallahassee Downtown

316 W. Tennessee St., Tallahassee, FL 32301

1.9 miles to Mike Long Track

Phone Reservations: 850.422.0071

Hampton Inn by Hilton Tallahassee Central

2979 Apalachee Pkwy., Tallahassee, FL 32301

6.1 miles to Mike Long Track

Phone Reservations: 850.309.1300

Holiday Inn Express – University Central

1308 W. Brevard St., Tallahassee, FL 32304

0.5 miles to Mike Long Track

Phone Reservations: 850.900.5115

Holiday Inn & Suites – Conference Center

2725 Graves Rd., Tallahassee, FL 32303

4.4 miles to Mike Long Track

Phone Reservations: 850.536.2000

Homewood Suites by Hilton

2987 Apalachee Pkwy., Tallahassee, FL 32301

6.1 miles to Mike Long Track

Phone Reservations: 850.402.9400

Hotel Duval

415 N. Monroe St., Tallahassee, FL 32301

2.2 miles to Mike Long Track

Phone Reservations: 850.224.6000

LODGING INFORMATION CONTD.

Hotel Indigo Tallahassee – College Town

826 W. Gaines St., Tallahassee, FL 32304

1.7 miles to Mike Long Track

Phone Reservations: 850.210.0008

Hyatt House – Capital University

1100 Railroad Ave., Tallahassee, FL 32310

2.8 miles to Mike Long Track

Phone Reservations: 850.222.0039

Residence Inn by Marriott – Capital

600 W. Gaines St., Tallahassee, FL 32304

1.8 miles to Mike Long Track

Phone Reservations: 850.329.9080

Springhill Suites Tallahassee Central

1300 Executive Center Dr., Tallahassee, FL

5.8 miles to Mike Long Track

Phone Reservations: 850.325.1103

Tru by Hilton Tallahassee Central

2814 Apalachee Pwky., Tallahassee, FL 32301

5.6 miles to Mike Long Track

Phone Reservations: 850.72.5400

Holiday Inn Express – I-10

1653 Raymond Diehl Rd., Tallahassee, FL 32308

6.7 miles to Mike Long Track

Phone Reservations: 850.386.7500

Home2 Suites by Hilton Tallahassee State

210 S. Magnolia Dr., Tallahassee, FL 32301

4.0 miles to Mike Long Track

Phone Reservations: 850.402.9400

Hilton Garden Inn – Tallahassee Central

1330 Blairstone Rd., Tallahassee, FL 32301

4.3 miles to Mike Long Track

Phone Reservations: 850.893.8300

**WoodSpring Suites Tallahassee Northwest **

5344 W Tennessee St., Tallahassee, FL 32304

4.4 miles to Mike Long Track

Phone Reservations: 850.580.4024

Wyndham Garden Central Tallahassee Capitol

1355 Apalachee Pkwy., Tallahassee, FL 32301

3.5 miles to Mike Long Track

Phone Reservations: 850.999.7348



VISITING TEAM TRAVEL FORM



Visiting Team: _____

Primary Contact: _____

Cell Phone: _____

Email: _____

TRAVEL ARRANGEMENTS

Charter/Commercial Airline: _____ Flight #: _____

Bus or Van Transportation: _____ # of Buses/Vans: _____

Team Hotel: _____

Of Nights: _____ Phone: _____

Team Arrival Time on Meet Day: _____

Post-Meet Food Plans (at Mike Long Track or Delivered by Third-Party): _____

(If having meals delivered to the Mike Long Track, contact Taylor Wheaton at twheaton@fsu.edu.)

PRACTICE REQUEST

Time Request, Prior to Meet Day: _____

(Please return this form ASAP to Dillon Yearby, Director of Operations, at dy22@fsu.edu.)

For all tent, table, and chair rentals please reach out to: Jack Ballou – The Seminole Experience – Sales Manager

m: 404-909-3476 | o: 850-815-0009

jack.ballou@revelxp.com

If there are any additional questions that need to be answered, please contact Dillon Yearby, Director of Operations, at dy22@fsu.edu or call 812.549.9722 prior to returning this form.