



FSU Relays

Florida State University • Mike Long Track

March 16-19, 2005

Format of Meet:

Open and unattached entries are welcome. All entrants must follow the proper entry procedures.

Entry Fees:

\$200 per team: \$20 for unattached individuals. Make all checks payable to: **FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION.**

Entry Procedures:

- Entry should be completed online for all schools @ www.DirectAthletics.com . Entries are due **no later than 6:00pm on Monday, March 14th.**
- Unattached entries should be e-mailed to klbatten@mailier.fsu.edu **no later than 6:00pm on Monday, March 14th.**
- Meet information, performance lists, and full results will be available at www.seminoles.com

Packet Pick-up:

- Packets will be available beginning one hour prior to the first event of the meet at the check-in tent at the east entrance to the track.

Event Check-In:

- Running event participants must check-in with the meet clerk of the course no later than 30 minutes prior to the start of the scheduled event or risk being scratched.
- Field event participants must report to the event site no later than 30 minutes prior to the start of the scheduled event or risk being scratched.

Implement Weigh-In:

- Implements must be measured at the Implement Weigh-In Area located at the west end of the track, across from the steeple water jump, no later than 45 minutes prior to the start of the scheduled event.

Warm-Up Area:

- All warm-ups must be conducted off the track in the soccer field adjacent to the track.

Facility:

The Mike Long track is a NEW Rekortan surface, as are the long jump, triple jump, pole vault runways, high jump (80' approach) and javelin (110" runway). **NO spikes longer than 3/8" may be used!** The shot put, discus, and hammer circles are brushed concrete.

Officiating:

- The Florida State Track and Field Officials Association will be in charge of the meet. FinishLynx Timing will be the method of determining the official time and order of finish for all races. Field event judges will measure, record and post results in feet and inches on the performance indicator boards for spectator interest.
 - The meet will be conducted under NCAA rules. All athletes representing intercollegiate programs must be eligible according to respective NCAA rules.

Field Event Starting Heights:

- Starting heights will be: Women's: HJ = 5'0, PV = 10'0"; Men's: HJ = 6'6", 14'0"

All races will be run as sections against time.

Please contact Track Office at 850-644-3270 or at klbatten@mailier.fsu.edu with any questions and concerns.

Awards:

- FSU Relay T-Shirts will be awarded to all 1st place finishers.