



FSU Relays

Florida State University • Mike Long Track

Wednesday, March 16, 2005

Multi Events

11:30 AM Heptathlon – Day 1
12:00 PM Decathlon – Day 1

Thursday, March 17, 2005

Multi Events

10:00 AM Decathlon – Day 2
11:00 AM Heptathlon – Day 2

Field Events

9:00 AM **Men's Garnet** - Hammer
Women's Garnet - Hammer **▲**
(To follow Men)
3:00 PM **Men's Garnet** - Shot Put
3:00 PM **Women's Garnet** - Shot Put
5:30 PM **Men's Garnet** - Javelin
Women's Garnet - Javelin **▲**
(To follow Men)

Running Events

7:30 PM **Women's Garnet** - 5000 meters
8:00 PM **Men's Garnet** - 5000 meters

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

Friday, March 18, 2005

Field Events

10:00 AM **Men's Garnet** - Discus
Women's Garnet - Discus **▲**
(To follow Men)
10:00 AM **Women's Garnet** - Long Jump
10:00 AM **Men's Garnet** - Long Jump
12:00 PM **Women's Gold** - High Jump
12:00 PM **Women's Garnet** - Pole Vault
1:00 PM **Men's Gold** - Triple Jump
1:00 PM **Women's Gold** - Triple Jump
2:30 PM **Men's Gold** - Shot Put
3:30 PM **Women's Gold** - Shot put
3:30 PM **Men's Garnet** - Pole Vault
4:30 PM **Men's Gold** - Javelin
5:30 PM **Women's Gold** - Javelin

Running Events

11:00 AM **Women's Gold** - Distance Medley Relay
11:20 AM **Men's Gold** - Distance Medley Relay
11:40 AM **Men's Garnet** - 110m High Hurdles
12:00 PM **Women's Garnet** - 100m High Hurdles
12:20 PM **Women's Garnet** - 100m
12:40 PM **Men's Garnet** - 100m
1:00 PM **Women's Gold** - 4 x 800m Relay
1:15 PM **Men's Gold** - 4 x 800m Relay
1:35 PM **Women's Garnet** - 400m Intermediate Hurdles
1:45 PM **Men's Garnet** - 400m Intermediate Hurdles
2:05 PM **Women's Gold** - 4 x 200m Relay
2:20 PM **Men's Gold** - 4 x 200m Relay

* The following **Garnet sections** will be run on a rolling time schedule!

▲ NO AWARDS FOR THESE SECTIONS ▲

3:10 PM **Women's Garnet** - 1500m
Men's Garnet - 1500m
Women's Garnet - 400m
Men's Garnet - 400m
Women's Garnet - 200m
Men's Garnet - 200m
Women's Garnet - 800m
Men's Garnet - 800m

6:45 PM **Women's Gold** - 3000 Meter Steeplechase

7:05 PM **Men's Gold** - 3000 Meter Steeplechase
7:25 PM **Women's Gold** - 3000 Meter
7:45 PM **Women's Gold** - 5000 Meter
8:10 PM **Men's Gold** - 5000 Meter
8:30 PM **Men's Gold** - 10,000 Meter
9:10 PM **Women's Gold** - 10,000 Meter

Saturday, March 19, 2005

Field Events

9:30 AM **Men's Gold** - Hammer
Women's Gold - Hammer
1:00 PM **Men's Gold** - Long Jump
Women's Gold - Long Jump
1:00 PM **Women's Gold** - Pole Vault
1:00 PM **Men's Gold** - High Jump
3:30 PM **Women's Garnet** - Triple Jump
3:30 PM **Men's Garnet** - Triple Jump
3:30 PM **Men's Gold** - Pole Vault
5:30 PM **Men's Gold** - Discus
Women's Gold - Discus **▲**
(To follow Men)

Running Events

2:00 PM **Men's Gold** - 110m High Hurdles
2:10 PM **Women's Gold** - 100m High Hurdles
2:15 PM **Women's Gold** - 1500m
2:25 PM **Men's Gold** - 1500m
2:35 PM **Women's Gold** - 4 x 100m Relay
2:45 PM **Men's Gold** - 4 x 100m Relay
3:00 PM **Women's Gold** - 800m
3:15 PM **Men's Gold** - 800m
3:30 PM **Women's Gold** - 400m Hurdles
3:40 PM **Men's Gold** - 400m Hurdles
3:50 PM **Women's Gold** - 100m
4:00 PM **Men's Gold** - 100m
4:10 PM **Women's Gold** - 1600m Sprint Medley Relay
4:20 PM **Men's Gold** - 1600m Sprint Medley Relay
4:30 PM **Women's Gold** - 400m
4:40 PM **Men's Gold** - 400m
4:50 PM **Women's Gold** - 4 x 150m Relay
5:10 PM **Men's Gold** - 4 x 150m Relay
5:30 PM **Women's Gold** - 200m
5:40 PM **Men's Gold** - 200m
5:50 PM **Women's Gold** - 4 x 400m Relay
6:00 PM **Men's Gold** - 4 x 400m Relay

