

Seminole Track Invitational

hosted by **Florida State University**

April 8-9, 2005 @ Mike Long Track

Friday, APRIL 8, 2005

Field Events -

Time	Division		Event	Event Site
4:00PM	University	Women	Javelin	▶Infield Sector
5:00PM	University	Men	Javelin	▶Infield Sector
6:00PM	University	Women	Discus	▶Infield Sector
6:00PM	•High School	Girls	Pole Vault	▶Infield Pit
6:30PM	•High School	Boys	Long Jump	▶East Pit
6:30PM	•High School	Girls	Long Jump	▶West Pit
6:30PM	•High School	Boys	High Jump	▶Infield Pit
7:15PM	University	Men	Discus	▶Infield Sector

Running Events - Rolling Time Schedule - Please note race times are approximate!

Time	Division		Event	
6:30 PM	•High School	Girls	4 x 800m Relay	♦Final – Sections against time
6:45 PM	•High School	Boys	4 x 800m Relay	♦Final – Sections against time
7:00 PM	•High School	Girls	Two Mile Run	♦Consolation Final - Sections
7:20 PM	•High School	Boys	Two Mile Run	♦Consolation Final - Sections
7:35 PM	•High School	Girls	1600m Run	♦Consolation Final - Sections
7:50 PM	•High School	Boys	1600m Run	♦Consolation Final - Sections
8:05 PM	•High School	Girls	800m Run	♦Consolation Final - Sections
8:20 PM	•High School	Boys	800m Run	♦Consolation Final - Sections

Saturday, APRIL 9, 2005

Field Events – High School Field Events

Time	Division		Event	Event Site
10:00AM	•High School	Girls	Shot Put	▶Infield Circle - Garnet/Gold
10:00AM	•High School	Boys	Discus	▶Infield Circle
10:00AM	•High School	Girls	High Jump	▶Infield Mats - Garnet/Gold
10:00AM	•High School	Girls	Triple Jump	▶West Pit
10:00AM	•High School	Boys	Triple Jump	▶East Pit
10:00AM	•High School	Boys	Pole Vault	▶Infield Pit - Immediately following girls PV
12:30PM	•High School	Girls	Discus	▶Infield Circle - Immediately following boys
12:30PM	•High School	Boys	Shot Put	▶Infield Circles - Garnet/Gold

Running Events -

Time	Division		Event	
8:45AM	Community	M & W	Community Open Mile Run – All Ages & Talent Levels	
9:00AM	•High School	Girls	100m Hurdles	♦Top 8 Advance to Finals
9:20AM	•High School	Boys	110m High Hurdles	♦Top 8 Advance to Finals
9:45AM	•High School	Girls	100m Dash	♦Top 8 Advance to Finals
10:05AM	•High School	Boys	100m Dash	♦Top 8 Advance to Finals
10:30AM	•High School	Girls	4 x 100m Relay	♦Top 8 Advance to Finals
10:50AM	•High School	Boys	4 x 100m Relay	♦Top 8 Advance to Finals
11:15 PM	•High School	Girls	400m Dash	♦Top 8 Advance to Finals
11:35 PM	•High School	Boys	400m Dash	♦Top 8 Advance to Finals
12:00 PM	•High School	Girls	300m Hurdles	♦Top 8 Advance to Finals
12:20 PM	•High School	Boys	300m Hurdles	♦Top 8 Advance to Finals
12:40 PM	•High School	Girls	200m Dash	♦Top 8 Advance to Finals
1:00 PM	•High School	Boys	200m Dash	♦Top 8 Advance to Finals

Saturday, APRIL 9, 2005

■Field Events - University Field Events

Time	Division	Event	Event Site
10:00AM	University	Women Hammer Throw	➤Levy Street Complex
11:15AM	University	Men Hammer Throw	Immediately Following Women
3:00PM	University	Women High Jump	
3:00PM	University	Women Long Jump	▶West Pit
3:00PM	University	Men Long Jump	▶East Pit
3:00PM	University	Women Pole Vault	
3:00PM	University	Men Shot Put	▶East Infield Circle
3:00PM	University	Women Shot Put	▶West Infield Circle
5:00PM	University	Men Pole Vault	
5:00PM	University	Men High Jump	▶Infield Pits
5:00PM	University	Women Triple Jump	▶West Pit
5:00PM	University	Men Triple Jump	▶East Pit

•Note: University Men/Women Javelin & Discus to be thrown on Friday afternoon!

■Running Events - ALL FINALS – University & High School Divisions

Time	Division	Event	
2:30PM	University	Women 2,000m Steeplechase	
2:45PM	University	Men 2,000m Steeplechase	
3:00PM	•High School	Girls 4 x 100m Relay	
3:05PM	•High School	Boys 4 x 100m Relay	
3:10PM	University	Women 4 x 100m Relay	
3:15PM	University	Men 4 x 100m Relay	
3:20PM	•High School	Boys 1600m Run	♦Championships - Top 24 Entries
3:30PM	•High School	Girls 1600m Run	♦Championships - Top 24 Entries
3:40PM	University	Women 1500m Run	
3:50PM	University	Men 1500m Run	
4:00PM	•High School	Girls 100m Hurdles	•33" Hurdles
4:05PM	University	Women 100m Hurdles	•33" Hurdles
4:15PM	•High School	Boys 110m High Hurdles	•39" Hurdles
4:20PM	University	Men 110m High Hurdles	•42" Hurdles
4:30PM	•High School	Girls 400m Dash	
4:35PM	•High School	Boys 400m Dash	
4:40PM	University	Women 400m Dash	
4:50PM	University	Men 400m Dash	
5:00PM	•High School	Girls 100m Dash	
5:05PM	•High School	Boys 100m Dash	
5:10PM	University	Women 100m Dash	
5:15PM	University	Men 100m Dash	
5:25PM	•High School	Girls 800m Run	♦Top 16 Entries
5:35PM	•High School	Boys 800m Run	♦Top 16 Entries
5:45PM	University	Women 800m Run	
5:55PM	University	Men 800m Run	
6:10PM	•High School	Girls 300m IM Hurdles	•30" Hurdles
6:20PM	•High School	Boys 300m IM Hurdles	•36" Hurdles
6:30PM	University	Women 400m IM Hurdles	•30" Hurdles
6:40PM	University	Men 400m IM Hurdles	•36" Hurdles
6:50PM	•High School	Girls 200m Dash	
6:55PM	•High School	Boys 200m Dash	
7:00PM	University	Women 200m Dash	
7:10PM	University	Men 200m Dash	
7:15PM	•High School	Boys 3200m Run	♦Top 24 Entries
7:25PM	University	Men 3000m Run	
7:40PM	University	Women 4 x 400 Relay	
7:50PM	University	Men 4 x 400 Relay	
8:00PM	•High School	Girls 3200m Run	♦Top 24 Entries
8:20PM	University	Women 3000m Run	
8:40PM	•High School	Girls 4 x 400 Relay	
8:50PM	•High School	Boys 4 x 400 Relay	

•9:00PM Awards Presentation

(Top 2 Teams, Top Scoring Men's & Women's Combined Score Team, Best Track Performer & Best Field Performer - Boys & Girls)