



High School Meet Schedule

Friday - March 27

- 3:00 pm Boys 800 meters (girls follow)*
- 6:45 pm Boys 200 meters (girls follow)*
- 7:00 pm Boys Javelin (girls follow)
- 7:25 pm Boys Invitational 3200 meters (girls follow)

* - The 800 and 200 will immediately follow the college sections of those events which begin at listed start times.

Saturday - March 28

Field Events

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

Running Events

- 7:30 am Boys Consolation 3200 meters (girls follow)
- Boys Consolation 1600 meters (girls follow)

Consolation sections only will be run fast-to-slow

- 10:50 am Awards presented for Friday events
- 11:00 am National Anthem
- 11:10 am Boys 110 hurdles (girls 100 hurdles follow)
- 11:30 am Boys 4x800 relay (girls follow)
- 12:20 pm Awards presented for Saturday field events
- 12:20 pm Boys 400-meter dash (girls follow)
- 12:40 pm Boys 100-meter dash (girls follow)
- 12:50 pm Boys 300-meter hurdles (girls follow)
- 1:10 pm Awards presented Saturday running events
- 1:20 pm Boys 4x100 relay (girls follow)
- 1:45 pm Boys Invitational 1600 (girls follow)
- 2:25 pm Boys 4x400 relay (girls follow)
- 2:45 pm Awards presented Saturday remaining events

FINAL SCHEDULE WILL BE AVAILABLE AT CHECK-IN

Guaranteed Entry Standards

Running Events	Boys	Girls
100m	11.14	12.51
110/100 H	15.90	16.21
200	22.50	25.35
300 H	41.60	48.10
400m	51.10	59.90
800m	2:01.00	2:23.00
1600m Inv.	4:32.00	5:20.00
3200m Inv.	9:55.00	11:38.00
Field Events	Boys	Girls
Javelin	40.00m/131-2	30.50/100-0
Discus	40.00/131-2	30.50/100-0
Shot Put	13.80/45-3.5	10.65/34-11.25
Long Jump	6.50/21-4	5.16/16-11.25
High Jump	1.86/6-1.25	1.55/5-1
Triple Jump	12.95/42-6	10.60/34-9.5
Pole Vault	3.90/12-9.5	3.00/9-10

High School Meet Information

Meet Info Here: [FSU Track & Field Links](#)

The 2020 FSU Relays will once again be one of the premier high school meets in the South. The high school portion of the meet will begin Friday, March 27 with four events placed within the college schedule, and conclude Saturday, March 28.

Please read carefully the information regarding registration and payment as we have made several administrative changes in 2020.

Following the lead of the FHSAA, registration will now be done via [DirectAthletics](#) here. All participating schools must create a team account (at no charge) with DirectAthletics before registering.

Entry Fees & Information

Entry fees remain the same - \$100 per gender, per school (\$200 if both boys and girls teams are competing) - or \$10 per athlete for teams of fewer than 10 athletes. Boys and girls teams are considered separate.

Make all checks payable to:

FSU Track & Field Officials Association, Inc.

and mail to:

Bill Lott, Treasurer

476 Forest Green Drive

Tallahassee, FL 32308-6154

• Entry fees will also be accepted at packet pick-up with payment via check made out to **FSU Track & Field Officials Association, Inc.** or cash.

Checks made out to Florida State University will not be accepted

- **Entry deadline is Sunday, March 22 at 5 p.m (ET)** with DirectAthletics;
- **No late entries will be accepted!**
- Direct all high school meet questions to **Bob Thomas** bthomas2@fsu.edu

- High school entries will be posted on Tuesday, March 24 at Semi-oles.com and fl.milesplit.com;

Entry Standards

• The meet is open to all NFHS-sanctioned schools in good standing. **The FSU Relays are not responsible for competition restrictions in place from specific states or schools!!!**

• Athletes representing their high schools must be eligible according to the rules of the governing bodies for their respective schools (i.e., FHSAA);

• The FSU Relays has submitted for sanctioning of an interstate athletic event with the National Federation of State High School Associations (NFHS).

• **All individual event entries** with verifiable qualifying marks from the **2019 and/or 2020** seasons will be accepted into the meet;

• Athletes must meet the listed automatic qualifying standards by the conclusion of competition on Saturday, March 21;

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

• Qualifying times/marks will be verified through the DirectAthletics and MileSplit databases.

• Verifiable relay times from the 2020 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 in order to allow maximum recovery for individual events!

• Due to the popularity of Saturday's morning consolation 3200 and 1600 races, please enter only those capable of running 5:30/6:20 (1600 boys/girls) and 12:00/13:00 3200 (boys/girls);

* All athletes must represent their respective high schools. **Unattached athletes will not be accepted!!!**

Scratches

Submit all high school scratches to **Bob Thomas** bthomas2@fsu.edu by Wednesday, March 25 at 7 p.m.

Packet Pick-Up

High school packet pick-up will be held on **Friday, March 27 from 12 p.m.-7 p.m.** and **Saturday, March 28 from 6:30 a.m.-9 a.m.** and will be located at Mike Long Track between turns 1 & 2.

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 prior to the start of competition.*

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

Practice & Warm-Up Area

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

Implement Weigh-In

Implements must be measured at the Implement 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 **Florida State 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 feet-and-inch results posted on performance boards for spectators.

Timing

Prime Time Timing pttiming.com returns for its fifth 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 should set their tents only 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.

High School Scoring

Both the boys and girls 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.

Awards

- FSU Relays shirts will be awarded to all first-place finishers in the high school events only.
- Team trophies will be awarded to the champions and runner-ups for high school boys and girls competition, only.

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	Leander Forbes	Leon	2017	47.09
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

High School Girls

100m	Teona Rodgers	Wharton	2007	11.63
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	Carmen Carlos	McGill-Toole (Ala.)	2013	10:15.70
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
	Janja Hodges	Sandy Creek (Ga.)	2019	5-7/1.70m
Pole Vault	Carson Dingle	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