



# TWILIGHT INVITATIONAL

## MEET INFORMATION

### MAY 3, 2013 @ MIKE LONG TRACK

#### Entry Fees & Procedures:

Entry fee is \$300.00 per gender, per school, with a maximum entry fee of \$600 per college (15 athletes make up a full team); \$20.00 per individuals and \$5 for any unattached college student with a valid school ID. Checks made out to Florida State University cannot be accepted.

Make all checks payable to **FLORIDA STATE TRACK & FIELD OFFICIALS ASSOCIATION** and mail to:

Florida State Track & Field  
attn: Twilight Invitational  
1107 Spirit Way  
Tallahassee, Fla. 32306

- Unattached college entries must be emailed to **ayork27@gmail.com** by 6:00 pm on Tuesday, April 30. All athletes not competing with a college team must sign the waiver of liability and hold harmless agreement and return it at packet pick-up in order to compete. Registration fee is due at time of packet pickup
- Registration is available at [www.DirectAthletics.com](http://www.DirectAthletics.com). College entries are due no later than 6:00 p.m. on Tuesday, April 30.
- Performance lists will be posted on the Track & Field page at **www.seminoles.com** by 6:00 pm on Thursday, May 2.
- For additional questions contact the Florida State track & field office at 850-644-3720.

#### Packet Pickup:

Packet pickup will begin on Friday, May 3 at 12 noon at Mike Long Track on ground level between turns 1 and 2.

#### Event Check-In:

**Running events:** Participants must check-in with the **meet clerk** no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event. Relay cards will be used for all relay events and will be included in packet.

**Field events:** Participants must report to the **event site** no later than 45 minutes prior to the start of the scheduled event. Athletes failing to report 45 minutes before will be scratched from the event. Pole Vault athletes will be allowed on the runway 1 hour prior to the start of their event. All athletes' numbers must worn on the front of their jerseys, except for individuals in the Pole Vault.

#### Implement Weigh-In:

Implements must be measured at the Implement Weigh-In Area located at the north-west end of the track - across from the steeplechase water jump - no later than 90 minutes prior to the start of the scheduled event. (Hammer weigh-in will be done at hammer cage prior to competition).

#### Officiating:

- The Florida State Track and Field Officials Association will be in charge of the meet. HalfMile 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.

#### 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. No exceptions.

#### Warm-Up Area:

All warm-ups must be conducted on the grass practice field adjacent to the track.

### Meet Schedule

Friday, May 3

#### **Field Events**

3:00 p.m. Hammer Women/Men to follow\*\*

**Hammer contested off site - see directions**

3:00 p.m. Javelin Women/Men to follow

5:30 p.m. Triple Jump Women/Men to follow

6:30 p.m. Discus Women/Men to follow

6:30 p.m. High Jump Women/Men to follow

6:30 p.m. Long Jump Women/Men to follow

6:30 p.m. Pole Vault Women/Men to follow

7:15 p.m. Shot Put Women/Men to follow

#### **Running Events**

6:30 p.m. 100m Hurdles Women

6:40 p.m. 110m Hurdles Men

6:50 p.m. 4x100 Relay Women

7:00 p.m. 4x100 Relay Men

7:05 p.m. 400m Women

7:15 p.m. 400m Men

7:30 p.m. 100m Women

7:40 p.m. 100m Men

7:50 p.m. 800m Women

7:55 p.m. 800m Men

8:00 p.m. 400m Hurdles Women

8:10 p.m. 400m Hurdles Men

8:15 p.m. 1500m Women

8:20 p.m. 1500m Men

8:25 p.m. 200m Women

8:40 p.m. 200m Men

9:00 p.m. 4x400 Relay Women

9:10 p.m. 4x400 Relay Men

9:20 p.m. 5000m Men

**Note:** There is no scheduled 5000m event for Women

#### \*Hammer Cage Directions

##### From Mike Long Track

Leaving the track turn right.

Make a left hand turn at the stop light onto Stadium drive.

At the third stop light make a right hand turn onto Lake Bradford Rd.

Take Lake Bradford Rd for approx. 1 mile to Levy Rd.

Make a right hand turn onto Levy Rd.

Hammer cage is approx ½ mile on the left hand side.

- Park on the grass outside of the fenced in area.
- If you are going for a practice session you must have a trainer present.
- FSU will not be responsible for vehicles hit by hammers if you decide to park inside the fenced area.