High School Meet Information

When: March 27-28, 2026

Where: Mike Long Track, Florida State University

2026 FSU Relays is an FHSAA sanctioned qualifier!

Entry Information

• The meet is open to all NFHS-member schools in good standing. FSU Relays has submitted for interstate sanctioning with the NFHS.

• Athletes must be eligible according to the rules of the governing bodies for their respective schools (ex., FHSAA).

• **Only entries that meet the qualifying standards with marks from the 2025 or 2026 seasons will be accepted into the meet** (see chart) based on verifiable marks (TFRRS, Milesplit, Athletic.net, etc.).

• **Unattached athletes will not be accepted into the meet**.

• Adaptive 200m and 100m athletes and will contest both ambulatory and wheelchair heats based on entries.

• Athletes must meet the qualifying standards by the conclusion of competition on Saturday, March 21, 2025. **No exceptions**.

• **Coaches entering athletes who have qualifying marks that are not on their TFRRS profile - in most cases all athletes outside of Florida - must write in the athletes' qualifying mark and include the link to the results where it was recorded from the 2025 or 2026 seasons.**

• **Entry deadline is Sunday, March 22 at 11:59 p.m (ET)** and must be made at **https://www.directathletics.com/meets/track/93578.html**. All schools must create a team account (at no charge) before registering.

• **Entry fees must be paid with credit/debit/P-cards through Direct Athletics' secure account**. Checks/cash payments will not be accepted.

• **Entry fees:** $150 per gender, per school ($300 if both boys and girls teams are competing), or $20 per athlete for teams of fewer than 8 athletes. Boys and girls teams are considered separate.

• **Teams and athletes will not be entered into the meet without accompanying payment**. Late entries and payment will not be accepted.

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High School Meet Schedule

Friday - March 27

6:00 pm Girls Javelin (boys follow)
6:30 pm Girls 800 (boys follow)
7:15 pm Girls 200 (boys follow) - ***followed by adaptive heats***
8:00 pm Girls Invitational 3200 (boys follow)

Saturday - March 28

Field Events

10:00 am Boys Pole Vault
Girls High Jump
Girls Discus
Boys Shot Put
Boys Long Jump
Girls Long Jump
1:00 pm Girls Pole Vault
Boys High Jump
Boys Discus
Girls Shot Put
Boys Triple Jump
Girls Triple Jump

Running Events

7:30 am Girls Consolation 3200 meters (boys follow)
Girls Consolation 1600 meters (boys follow)
Consolation sections only will be run fast-to-slow
11:00 am National Anthem
11:10 am Girls 100 hurdles
11:20 am Boys 110 hurdles
11:30 am Girls 4x800 relay (boys follow)
12:20 pm Girls 400 dash (boys follow)
12:40 pm Girls 100 dash (boys follow) - ***followed by adaptive heats***
12:50 pm Girls 400 hurdles (boys follow)
1:20 pm Girls 4x100 relay (boys follow)
1:45 pm Girls Invitational 1600 (boys follow)
2:25 pm Girls 4x400 relay (boys follow)

Qualifying Standards

Running Events	Boys	Girls
100m	10.93	12.43
110/100 H	15.35	15.60
200	22.10	25.30
400H (300H times)	57.10 (40.78)	1:05.90 (45.45)
400m	49.80	58.30
800m	1:58.75	2:21.60
1600m Invitational	4:28.90	5:18.70
3200m Invitational	9:50.00	11:45.00

Field Events	Boys	Girls
Javelin	47.70m (156-6)	32.00m (104-11)
Discus	46.30m (151-10)	31.50m (103-4)
Shot Put	14.30m (46-9)	10.60m (34-9)
Long Jump	6.65m (21-9.50)	5.35m (17-6.50)
High Jump	1.92m (6-3.50)	1.58m (5-2.25)
Triple Jump	13.35m (43-9.50)	11.00m (36-1)
Pole Vault	4.05m (13-3.50)	3.15m (10-4)

Note: *Indoor marks will be accepted for distances contested, not projected (Ex. - 2-mile conversions are fine; 3000m conversions will not be applied). Approved: 200,400, 800, 1600 & 3200 relays, shot put, long jump, triple jump, high jump and pole vault.*

• Direct all questions to FSU Relays high school coordinator **Bob Thomas** bttrackguy@outlook.com
• Race assignments will be posted Tuesday, March 24 at seminoles.com and other outlets/social channels.
• **All relay entries (4x100, 4x400 & 4x800) will be accepted into the meet** (1 per team, per gender).
• **Only 2026 relay times will be used for seeding**. Relays entered without a time will be placed in the slowest section. 4x800 & 4x100 relays will be contested fastest to slowest, allowing maximum recovery for individual events. 4x400 relays will be contested slowest to fastest.
• **Relay athletes - including alternates - must be entered in the meet.**
• Saturday's consolation 3200 and 1600 races are limited to those capable of running 5:30/6:30 (1600 boys/girls) and 12:00/13:00 (3200 boys/girls). Runners performing below these standards will be subject to removal from the races at the discretion of meet officials.

Scratches
Submit to **Bob Thomas** by Wedneday, March 25 by 5 p.m.

Packet Pick-Up
Begins **Friday, March 27 at 3 p.m.** and resumes **Saturday, March 28 beginning at 6 a.m.** at the entrance outside Mike Long Track. **Packets will only be issued to a coach, or a coach's adult designee**.

Event Check-In
Running Events: All entrants must check in with the 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: All 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 2 hours in advance of their event for weigh-in. The runway will open 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.*

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

Implement Weigh-In
Implements must be measured at the 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**.

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

Officiating
The **TLH 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 10th year fufilling 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 setting up camp inside the warm-up area adjacent to the track must set their tents 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 assistant athletes in need.

Scoring & Awards
The meet will be scored in one division with the top 8 places accruing points in the 10-8-6-5-4-3-2-1 format for each event.
- FSU Relays shirts will be awarded to **all first-place finishers**.
- Championship team trophies will be presented to the top-scoring boys and girls teams.
- **Most Outstanding Performer Awards** will be presented to one boy and one girl, which will be weighted by points scored but will also take records and team performance into consideration.

FSU Relays High School Meet Records

High School Boys

100m	Marvin Bracy	Boone	2011	10.28
200m	Issamade Asinga	Montverde Academy	2023	20.56
400m	Micahi Danzy	Florida High	2023	46.16
800m	Joseph Socarras	Belen Jesuit	2025	1:49.09
1600m	Wesley Pectol	Greenville (Tenn.)	2014	4:09.42
3200m	Riley Smith	Buchholz	2024	8:39.71
110m H	Trey Cunningham	Winfield City (Ala.)	2017	13.51
400mH	Rey Hernandez	George Jenkins	2023	53.67
4x100m	American Heritage (Plantation)		2025	40.57
4x400m	Christopher Columbus		2025	3:16.10
4x800m	Pearl (Miss.)		2024	7:50.77
High Jump	Jaasiel Torres	Sarasota	2017	6-10.75/2.10m
Pole Vault	Drew McMichael	Evangelical Christian	2015	16-5/5.00m
	Alex Georgiev	Montverde Academy	2024	16-4.75/5.00m
	Luther Mogelvang	Naples	2024	16-4.75/5.00m
Long Jump	Justin Woulard	Melbournce CC	2025	24-5.5/7.45m
Triple Jump	Jaden Lippett	Winter Haven	2024	49-5.5/15.07m
Shot Put	Phillips Moore	Westminster (Ga.)	2024	63-8.75/19.42m
Discus	Jason Atwood	Chiles	2025	216-7/66.02m
Javelin	Preston Kuznof	Atlantic (Port Orange)	2024	204-6/62.35m

High School Girls

100m	Adaejah Hodge	Montverde Academy	2023	11.18
100m (adaptive)	Katherine Farr	Westminster (Ga.)	2024	26.41
200m	Karimah Davis	Palm Beach Central	2017	23.38
200m (adaptive)	Addison Dahlem	Gulf Breeze	2025	50.24
400m	Alivia Williams	Montverde Academy	2024	53.40
800m	Caitlin Collier	Bolles	2018	2:04.78
1600m	Caitlin Collier	Bolles	2018	4:47.61
3200m	Caroline Wells	Winter Springs	2022	10:10.81
100m H	Chelsi Williams	George Jenkins	2025	13.28
400mH	Michelle Smith	Montverde Academy	2023	58.41
4x100m	Montverde Academy		2025	46.04
4x400m	Lincoln		2019	3:48.36
4x800m	Hoover (Ala.)		2018	9:21.20
High Jump	Journee Belcher	Rickards	2025	5-10.75/1.80m
Pole Vault	Carson Dingler	Mary Parsons (Ala.)	2017	13-10/4.22m
Long Jump	Chelsi Williams	George Jenkins	2025	20-3/6.17m
Triple Jump	Chelsi Williams	George Jenkins	2025	41-7.25/12.68m
Shot Put	Sarah Howard	Trinity (Ga.)	2010	47-2/14.37m
Discus	Julia Lemmon	Fort Myers	2025	163-7/49.86m
Javelin	Brett Jones	Porter Goud (S.C.)	2024	148-7/45.30m