

2026 SOUTH FLORIDA INVITATIONAL

TENTATIVE ORDER OF EVENTS

University of South Florida – Tampa, FL

USF Track & Field Stadium

April 10-11, 2026

FRIDAY, APRIL 10, 2026

TIME FIELD EVENT

10:00 a.m. Javelin – M Trials and FINAL
12:00 p.m. Hammer – M Trials and FINAL
1:00 p.m. Long Jump – M Trials and FINAL
2:00 p.m. Pole Vault – M Trials and FINAL
2:30 p.m. Shot Put – M Trials and FINAL
3:30 p.m. High Jump – M Trials and FINAL
5:00 p.m. Triple Jump – M Trials and FINAL
5:00 p.m. Discus – M Trials and FINAL

FRIDAY, APRIL 10, 2026

TIME TRACK EVENT

4:15 p.m. 110m Hurdles -- M PRELIMS
5:05 p.m. 3000m Steeplechase – M FINAL
5:20 p.m. 400m Relay – M FINAL
5:30 p.m. 1500m Run – M FINAL
5:45 p.m. 110m Hurdles – M FINAL
5:55 p.m. 400m Dash – M FINAL
6:20 p.m. 100m Dash – M FINAL
6:35 p.m. 800m Run – M FINAL
6:55 p.m. 400m Hurdles – M FINAL
7:10 p.m. 200m Dash – M FINAL**
7:30 p.m. Special Olympics***
7:45 p.m. 5000m Run – M FINAL
8:05 p.m. 1600m Relay – M FINAL**

SATURDAY, APRIL 11, 2026

TIME FIELD EVENT

10:00 a.m. Javelin – W Trials and FINAL
12:00 p.m. Hammer – W Trials and FINAL
1:00 p.m. Long Jump – W Trials and FINAL
2:00 p.m. Pole Vault – W Trials and FINAL
2:30 p.m. Shot Put – W Trials and FINAL
3:30 p.m. High Jump – W Trials and FINAL
5:00 p.m. Triple Jump – W Trials and FINAL
5:00 p.m. Discus – W Trials and FINAL

SATURDAY, APRIL 11, 2026

TIME TRACK EVENT

4:00 p.m. 100m Hurdles -- W PRELIMS
4:50 p.m. 3000m Steeplechase – W FINAL
5:05 p.m. 400m Relay – W FINAL
5:15 p.m. 1500m Run – W FINAL
5:30 p.m. 100m Hurdles – W FINAL
5:40 p.m. 400m Dash – W FINAL
6:05 p.m. 100m Dash – W FINAL
6:20 p.m. Fun Run with Rocky***
6:25 p.m. 800m Run – W FINAL
6:40 p.m. 400m Hurdles – W FINAL
6:55 p.m. 200m Dash – W FINAL**
7:25 p.m. SENIOR RECOGNITION
7:40 p.m. Fastest Kid – Prelims***
7:50 p.m. 5000m Run – W FINAL
8:10 p.m. Fastest Kid – FINAL***
8:15 p.m. 1600m Relay – W FINAL**

**** 200/4x400 relay will be reseeded prior to the event.**

***** Please be aware the timing of events are subject to change.**

2026 SOUTH FLORIDA INVITATIONAL
TENTATIVE MEET INFORMATION
University of South Florida – Tampa, FL
USF Track & Field Stadium
April 10-11, 2026

PRACTICE TIMES

THURSDAY

8AM - 11:30AM and 4PM - 7PM

FRIDAY

7AM – 9AM

MEET CONDUCT

All track events will be run as finals against time. All field events, except high jump and pole vault, will be contested in flights with three trials and nine advancing to the finals. In the finals, each competitor will receive three additional attempts. HJ/PV will be run in continual flights. NCAA rules will be in effect.

ENTRY INFORMATION

All entries must be submitted through Direct Athletics. Each school may enter a maximum of three (3) individuals and two (2) relay teams per event. **Teams wishing to enter more than 3 athletes / 2 relays will be charged an additional \$75 per entry per approval of the meet management.** For additional entries, contact Tony Nicolosi at nicolosi@usf.edu.

All entries must be received no later than 5:00pm EST, Monday April 6, 2026. Entering your athletes is no guarantee of them being accepted into the meet.

UNATTACHED ENTRIES

The only unattached entries that will be allowed to compete must be approved by Meet Directors first. You must contact Coach Tony Nicolosi at nicolosi@usf.edu for acceptance into the South Florida Invitational by Monday April 6th at 5:00pm. You will need your BIB number to be able to compete. High School Athletes will not be allowed to compete in meet.

ENTRY FEES

\$1,200.00 per gender (Must be paid on Directathletics), 16 or more athletes. Under 16, \$75 per entry

\$75.00 Unattached Entry (Must be paid on Directathletics)

****Late additions after the entry deadline will be considered on a case by case basis at the discretion of meet management and the timing staff. A charge of \$100 per entry will be charged, regardless of if a team has reached the \$1000 entry fee. Only cash or credit card will be accepted for late additions, no checks.**

PACKET PICK- UP

Packets will be available at the main entrance of the shed on the NW side of the track (near shot put area) on Thursday, the 9th, during practice times and at the main entrance of the Indoor Practice Facility on meet days starting at 8am.

EVENT CHECK – IN

- ☐ Running event participants can check in with the meet clerk, starting at 1PM, but no later than one hour prior to the start of the scheduled event on the southeast end of the track.
- ☐ Field event participants can check in with the meet clerk at the location of their competition, starting at 8AM. Check-in is available two hours before but no later than 30 minutes prior to the start of the scheduled event.

WARM – UP AREAS

All warm-ups **must** be conducted on the field behind the track or the Indoor Practice Facility (meet days). **No warmups will be allowed on the track infield.**

IMPLEMENT WEIGH – IN

It is encouraged to have all implements weighed in on Thursday between 1-6pm and for females athletes to have theirs checked in by end of meet on Friday.

With that, **ALL** implements **MUST** be checked-in and impounded at the Implement Weigh-In Area, located in the track and field shed, by two hours prior to the start of your athlete's event. The weigh-in area will open at 8am on Friday and Saturday.

MEET RESULTS

Live meet results will be found at www.halfmiletiming.com

TEAM CAMPS/TENTS

Team camps will be in the indoor practice facility. Contact Bryce Reddick at brycereddick@usf.edu if you have any questions.

TRAINING ROOM

A training area will be located by the finish line. For any questions, contact Zanayah Richardson at zanayahr@usf.edu

WEATHER INFO

Weather updates will be on the PA system and on the track and field twitter. @USFXCTF

PETS

No Pets, other than trained service animals are allowed in the facility.

ADDITIONAL INFORMATION

For any additional meet information, contact Alyssa Estrada at alysae@usf.edu if you need.

Preferred Lanes – Timed sections no finals

For the following races that start in lanes – 200, 400, 400 meter hurdles, 400m relay, and 1600m relay, the preferred lanes are established by meet management, and will be placed in preferred lanes according to the descending order list of entries as follows:

- 1st preferred lane – lane 5
- 2nd preferred lane – lane 6
- 3rd preferred lane – lane 4
- 4th preferred lane – lane 7
- 5th preferred lane – lane 3
- 6th preferred lane – lane 8

For the following races that start in lanes – 100, 100 meter hurdles, and 110 meter hurdles, the preferred lanes are established by meet management, and will be placed in preferred lanes according to the descending order list of entries as follows:

- 1st preferred lane – lane 4
- 2nd preferred lane – lane 5
- 3rd preferred lane – lane 3
- 4th preferred lane – lane 6
- 5th preferred lane – lane 2
- 6th preferred lane – lane 7
- 7th preferred lane – lane 1
- 8th preferred lane – lane 8

For the following races that start in alleys – 800 meters, no more than 12 competitors will start a timed section. Preferred alley starting positions determined by meet management are established as the following:

- 1st – Lane 4A
- 2nd – Lane 5A
- 3rd – Lane 3A
- 4th – Lane 6A
- 5th – Lane 2A
- 6th – Lane 7A
- 7th – Lane 1A
- 8th – Lane 8A
- 9th – Lane 4B
- 10th – Lane 5B
- 11th – Lane 3B
- 12th – Lane 6B

For non-lane races – 1500, 2000-meter steeple, and 5000, the maximum starting competitors per section will be:

- 1500 – 18
- 2000-meter steeple – 12
- 5000 - 30