

**2026 USF ALUMNI INVITATIONAL**  
**TENTATIVE ORDER OF EVENTS**

University of South Florida – Tampa, FL  
USF Track & Field Stadium  
March 20-21, 2026

**FRIDAY, MARCH 20, 2026**

**TIME FIELD EVENT**

10:00 a.m. Javelin – M Trials and FINAL  
10:00 a.m. Pole Vault – W Trials and FINAL  
12:30 p.m. Hammer – M Trials and FINAL  
1:00 p.m. Pole Vault – M Trials and FINAL  
2:00 p.m. Long Jump – W Trials and FINAL  
2:00 p.m. Shot Put – M Trials and FINAL  
3:00 p.m. Hammer – W Trials and FINAL  
4:30 p.m. Long Jump – M Trials and FINAL  
5:00 p.m. Shot Put – W Trials and FINAL  
5:30 p.m. Javelin – W Trials and FINAL

**FRIDAY, MARCH 20, 2026**

**TIME TRACK EVENT**

5:00 p.m. 400m Hurdles – W FINAL  
5:25 p.m. 400m Hurdles – M FINAL  
5:45 p.m. 800m Run – W FINAL  
6:00 p.m. 800m Run – M FINAL  
6:15 p.m. 200m Dash – W FINAL  
7:10 p.m. 200m Dash – M FINAL  
7:50 p.m. 5,000m Run – W FINAL  
8:15 p.m. 5,000m Run – M FINAL

**SATURDAY, MARCH 21, 2026**

**TIME FIELD EVENT**

**10:00 a.m. Don Marsh Pole Vault Invite – W Trials and FINAL**  
11:00 a.m. High Jump – M Trials and FINAL  
11:00 a.m. Triple Jump – W Trials and FINAL  
11:00 a.m. Discus – M Trials and FINAL  
**1:00 p.m. Don Marsh Pole Vault Invite – M Trials and FINAL**  
1:30 p.m. High Jump – W Trials and FINAL  
1:30 p.m. Triple Jump – M Trials and FINAL  
1:30 p.m. Discus – W Trials and FINAL

**SATURDAY, MARCH 21, 2026**

**TIME TRACK EVENT**

11:00 a.m. 100m Hurdles – W PRELIMS  
11:20 a.m. 110m Hurdles – M PRELIMS  
**11:45 p.m. ALUMNI RECOGNITION**  
12:00 p.m. 400m Relay – W FINAL  
12:15 p.m. 400m Relay – M FINAL  
12:30 p.m. 1500m Run – W FINAL  
12:45 p.m. 1500m Run – M FINAL  
1:10 p.m. 100m Hurdles – W FINAL  
1:15 p.m. 110m Hurdles – M FINAL  
1:20 p.m. 400m Dash – W FINAL  
1:55 p.m. 400m Dash – M FINAL  
2:25 p.m. 100m Dash – W FINAL  
2:55 p.m. 100m Dash – M FINAL  
3:20 p.m. 2000m Steeplechase – W FINAL  
3:30 p.m. 2000m Steeplechase – M FINAL  
3:45 p.m. 1600m Relay – W FINAL  
4:00 p.m. 1600m Relay – M FINAL

**2026 USF ALUMNI INVITATIONAL**  
**TENTATIVE** MEET INFORMATION  
University of South Florida – Tampa, FL  
USF Track & Field Stadium  
March 20-21, 2026

**PRACTICE TIMES**

**MONDAY**

12-2 pm: Track open for practice  
1-2:30 pm: Weight room open for visiting teams

**TUESDAY**

11 am – 2:30 pm: **Track closed for practice (USF)**  
12 pm – 1 pm: Weight room open for visiting teams  
**2 pm – 3 pm: Weight room closed for reserved lift (USF)**  
2:30 pm – 6:30 pm: Track open for practice  
3 pm – 4:30pm: Weight room open for visiting teams  
6:30 pm – 7:30pm: Javelin practice

**WEDNESDAY**

9:30 am – 1:30 pm: **Track closed for practice (USF)**  
1 pm – 2:30 pm: Weight room open for visiting teams  
1:30 pm – 6:30 pm: Track open for practice  
**2:30 pm – 4 pm: Weight room closed for lift (USF)**  
4 pm – 5:30 pm: Weight room open for visiting teams  
6:30 pm – 7:30 pm: Javelin Practice

**THURSDAY**

11:30 am – 12:30 pm: Javelin Practice  
12 pm – 2 pm: Weight room open for visiting teams  
**12:30 pm – 2:30 pm: Closed for practice (USF)**  
**2 pm – 3 pm: Weight room closed for lift (USF)**  
2:30 pm – 7:30 pm: Track open for practice  
3 pm – 5 pm: Weight room open for visiting teams

**FRIDAY**

7 am – 9 am: Track open for practice  
12 pm – 2 pm: Weight room open for visiting teams  
**2 pm – 3 pm: Weight room closed for lift (USF)**

**SATURDAY**

7 am – 9 am: Track open for practice

**NOTE: ALL throws' practices not labeled on the schedule will take place at the Meadows Throws Facility (on the corner of 50<sup>th</sup> St & USF Holly Dr) during the time of practices at the track.**

**The cage will be unlocked starting at 8am each day until sunset through Friday.**

**THERE IS TO BE NO DISCUS OR HAMMER PRACTICE AT THE TRACK!!**

## 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 four (4) individuals and two (2) relay teams per event except for the 1500m, 2000m Steeplechase and 5000m. **Although not guaranteed, it may be possible to exceed 4 entries in any event for an additional surcharge of \$75 per entry per approval of meet management.** For additional entries, contact Tony Nicolosi at [nicolosi@usf.edu](mailto:nicolosi@usf.edu) if you need.

**All entries must be received no later than 5:00pm EST, Monday, March 16, 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. They must contact Coach Tony Nicolosi at [nicolosi@usf.edu](mailto:nicolosi@usf.edu) for acceptance into the Alumni Invitational by Monday March 16th 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

- \$1,000.00 per gender (Must be paid on Directathletics), 14 or more athletes. Under 14, \$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 19<sup>th</sup>, from 2:30pm-7:30pm 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.** 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](http://www.halfmiletiming.com)

### **TEAM CAMPS/TENTS**

Team camps will be in the indoor practice facility. Contact Bryce Reddick at [brycereddick@usf.edu](mailto:brycereddick@usf.edu) if you have any questions.

### **RESERVED PRACTICE|LIFT TIMES**

Once the visiting team forms are sent out, please make sure to include your ideal practice and lift times on the form and send to Alyssa Estrada at [alyssae@usf.edu](mailto:alyssae@usf.edu) and/or Bryce Reddick at [brycereddick@usf.edu](mailto:brycereddick@usf.edu)

### **TRAINING ROOM**

A training area will be located by the finish line. For any questions, contact Zanayah Richardson at [zanayahr@usf.edu](mailto: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 [alyssae@usf.edu](mailto:alyssae@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:

- 1<sup>st</sup> preferred lane – lane 5
- 2<sup>nd</sup> preferred lane – lane 6
- 3<sup>rd</sup> preferred lane – lane 4
- 4<sup>th</sup> preferred lane – lane 7
- 5<sup>th</sup> preferred lane – lane 3
- 6<sup>th</sup> 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:

- 1<sup>st</sup> preferred lane – lane 4
- 2<sup>nd</sup> preferred lane – lane 5
- 3<sup>rd</sup> preferred lane – lane 3
- 4<sup>th</sup> preferred lane – lane 6
- 5<sup>th</sup> preferred lane – lane 2
- 6<sup>th</sup> preferred lane – lane 7
- 7<sup>th</sup> preferred lane – lane 1
- 8<sup>th</sup> 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:

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

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

- 1500 – 15
- 2000-meter steeple – 12
- 5000 - 24