



Greetings TRIO Programs,

On behalf of the 2018 Olympics committee we welcome you to the University of South Florida! Achieve the Impossi-bull is our Olympics theme emphasizing that each of you of have the potential to be amazing. We hope you enjoy our campus, the competition, and the comradery. Thank you to FL TRIO, Mastery Prep, STEM WARS, all of our volunteers who have helped make this event possible. Remember that all of you are winners. We are all here for the same reason, college access and success! Support and encourage each other this weekend. Best of luck and have a great time in Tampa!

Sincerely,

2018 Olympics Committee



Name of Program: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Director: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directors,

Please indicate which activities/events your program will participate in by placing an

“X” in the box. Fax this form to Raymond Cabrera at 813-974-2022 no later than

June 27, 2018.

|  |  |
| --- | --- |
| **EVENT** | **PARTICIPATING** |
| ART AND PHOTOGRAPHY |  |
| CREATIVE WRITING |  |
| PUBLIC SPEAKING |  |
| CO-ED VOLLEYBALL |  |
| MEN’S BASKETBALL |  |
| WOMEN’S BASKETBALL |  |
| SCHOLARS BOWL (UB) |  |
| ACADEMIC BOWL (ETS) |  |
| CO-ED SOFTBALL |  |
| TRACK AND FIELD |  |
| TENNIS MIXED DOUBLES |  |
| CO-ED SOCCER |  |
| CHESS |  |
| CHEERLEADING |  |
| CHECKERS |  |
| SPADES CARD |  |
| SPELLING BEE |  |
| MASTERYPREP ACT |  |
| STEM WARS |  |

**The 49th Annual Florida TRIO Olympics**

Hosted by: University of South Florida

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**Florida TRIO Olympics Check List**

Registration - Paid Prior to Arrival

Copy of Camp Insurance

Copy of Waiver Forms

First Aid Kits

Coolers

Sports Equipment

* Softball - Helmets, Gloves, Bats, Balls
* Basketball - Basketballs
* Soccer- Shin Guards, Soccer Ball
* Tennis- Rackets, Balls
* Volleyball- Volleyball,
* Track- Batons, Shot-puts, Discus, Stopwatches

Inside Activities

* Scholar’s Bowl- Buzzers, Stopwatches
* Academic Bowl- Buzzers, Stopwatches
* Cheer-bring any uniforms/music you might need
* Creative writing/Public Speaking-supplies provided
* Spelling Bee
* Art & Photography-bring own work

Tents/ Umbrellas (if preferred)

Blankets (outside sitting)

**TRIO Day – June 28, 2018**

TRIO Day will be held on Thursday, June 28, 2018 from 1:00pm-5:00pm on the campus of the University of South Florida. During TRIO Day, students will have the opportunity to hear a presentation from USF Admissions, campus tour, ACT bootcamp for rising Seniors and important information pertaining to college.

If programs will be in town and would like to attend TRIO Day, please email Raymond Cabrera at [rcabrera@usf.edu.](mailto:rcabrera@usf.edu.)

**Opening Ceremony**

The opening program is designed to promote camaraderie, generate an atmosphere of excitement and establish friendly and wholesome attitudes among students. The opening ceremony should reflect a spirit of community, unity and inspiration for all Florida TRIO Olympians. The Opening will take place at the Oval Theater located in the Marshall Center.

**Banner**

Each program will either design a banner prior to coming or bring your program banner that represents their institution and program.

**Dress**

It is requested that the directors, students and staff wear the school or program T-shirts for the opening event. All attendees should dress appropriately for the Olympic competitions, which begin right after the opening ceremony.

**Program Introductions**

A program representative should be prepared to introduce themselves and their SGA President at the opening ceremony. The opening ceremony will start at 9:00 a.m. sharp and will include a welcome, greetings and motivational speeches. Each program will also be invited to do a school spirit chant, which shall not exceed one minute.

**Roosters**

All final roosters would need to be completed and submitted by June 26, 2018 by 5pm. We MUST have the roosters in order for your team to participate in the event.

**Schedule of Events for The 49th Annual Florida Trio Olympics**

**Friday, June 29, 2018**

|  |  |  |
| --- | --- | --- |
| Times | Events | Location |
| 7:00 am – 8:00 am | Breakfast on You Own |  |
| 8:00 am – 9:00 am | Program Registration | Cooper Building  (Room 103) |
| 8:30 am | Coaches Meeting | Cooper Building  (Room 350) |
| 9:00 am | Opening Ceremony | Oval Theater in Marshall Center |
| 10:00 am – 12:00 pm | Boys Basketball | East Gym (USF Rec Center) |
|  | Co-Ed Soccer | East/West Field  (Behind Tennis Court) |
|  | Cheerleading | Rec 107 (USF Rec Center) |
|  | Spelling Bee | Social Sciences Building  (Room 132) |
|  | Creative Writing | Social Sciences Building  (Room 145) |
|  | Chess | Social Sciences Building  (Room 146) |
|  | Public Speaking | Social Sciences Building  (Room 160) |
|  | Art & Photography | Rec 105 (USF Rec Center) |
| 11:00 am – 12:00 pm | Lunch | Champs  (In front of the Rec Center) |
| 12:00 pm – 1:00 pm | Lunch | Champs  (In front of the Rec Center) |
| 1:00 pm – 3:00 pm | STEM WARS | Rec 107 (USF Rec Center) |
| 2:00 pm – 4:00 pm | Boys Basketball Finals | North Gym (USF Rec Center) |
|  | Girls Basketball | East Gym (USF Rec Center) |
|  | Co-Ed Volleyball | East Gym (USF Rec Center) |
|  | Art & Photography | Rec 105 (USF Rec Center) |
|  | Co-Ed Softball | Softball Field |
|  | Checkers | Social Sciences Building  (Room 146) |
|  | Spades | Social Sciences Building  (Room 132) |
|  | ACT Competition | Social Sciences Building  (Room 145) |
| 4:00 pm – 5:00 pm | Free Time |  |
| 5:00 pm – 6:00 pm | Dinner | Champs  (In front of the Rec Center) |
| 6:00 pm – 7:00 pm | Dinner | Champs  (In front of the Rec Center) |
| 7:30 pm – 9:30 pm | TRIO Luau & Night Out | North Gym (USF Rec Center) |

**Saturday, June 30, 2018**

|  |  |  |
| --- | --- | --- |
| Times | Events | Location |
| 7:00 am – 8:00 am | Breakfast on You Own |  |
| 8:00 am – 12:00 pm | Boys & Girls Track | Greco Middle School |
|  | Co-Ed Tennis | Tennis Courts  (On the side of Rec Center) |
|  | Co-Ed Softball Finals | Softball Field |
|  | Scholar’s Bowl | Cooper Building  (Room 103) |
|  | Academic Bowl/High Q | Rec 107 (USF Rec Center) |
| 11:00 am – 12:00 pm | Lunch | Champs  (In front of the Rec Center) |
| 12:00 pm – 1:00 pm | Lunch | Champs  (In front of the Rec Center) |
| 1:15 pm – 2:30 pm | Closing Ceremony  &  Awards | North Gym  (USF Rec Center) |

## Guidelines for Judging and Awards

External judges will be engaged for each event as well as TRiO program directors and staff as needed. TRiO program directors and staff will not be used as judges for the final round of any events where their students have not yet been eliminated.

First, second, and third place metal will be awarded to each program for each competition. If there is a tie (first, second or third) and no provisions are listed in the rules for additional games/competitions, two ribbons may be awarded. Metals are awarded to the program and not the individual participant.

One large trophy will be given to each participating program. This will be presented to each project’s designee during the closing ceremonies.

**Decorum, character, and integrity must be maintained in all events!**

**The 49th Annual Florida TRIO Olympics**

**FINAL SPORTS/ACTIVITY ROSTER**

**If changes were made or need to be made to your original rosters, please complete this roster for each sport/activity and turn in the day of registration by 12 noon.**

PROGRAM:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACH:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SPORT:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Players’ Names Alternates’ Names



**Note: \*All players must be student members of the TRiO program that they are representing.**

**Art & Photography**



**All entries will need to be put up by 10:30am**

In an effort to assure a smooth operation of the Olympic Art Exhibit and Competition, we are asking that each project follow the guidelines below:

* + 1. Each program will be responsible for the security of its exhibit entries.
    2. The art coordinator from each program will be responsible for displaying his/her program’s art pieces properly at the scheduled set-up time.

3. Each program may enter up to 3 entries per category**.**

1. Artwork entered in the exhibits must be work done during the Project’s summer program leading up to the Olympics.
2. IDENTIFICATION OF ART PIECES:

* Only the Student’s NAME, THE MEDIUM USED, AND THE TITLE should appear on the front of the artwork (date optional).
* The name of the SCHOOL should only appear on the BACK of the piece or on the BOTTOM of sculptures and three-dimensional pieces.

1. JUDGING AND AWARDS

* The host institution will provide Judges.
* Judges will be given the same guidelines as each project art coordinator to guide them in

making their selections.

* Judges are not to be interrupted during the actual judging period.
* First, second and third place overall project awards will be given based on a point system.

Judges will be asked to choose a 1st, 2nd, and 3rd place piece of art from each category. Points will be awarded accordingly and the program with the most points overall will receive the first place award.

1. ENTRIES

* Categories:
  1. Drawing (pencil, pen)
  2. Painting (water color, oil, acrylic)
  3. Mixed Media (combinations of various media)
  4. Ceramics (clay)
  5. Photography
* Presentation - Framing is necessary for drawing, painting, mixed media and photography.

1. Each Project’s art coordinator is responsible for taking down and securing its program’s entries by the scheduled exhibit closing time. (The overall exhibit coordinator is not to be held responsible for loss or damage to any school’s work).



## BASKETBALL (Men’s & Women’s)

**\*\* Only tennis or athletic shoes may be worn, no hard-soled shoes.**

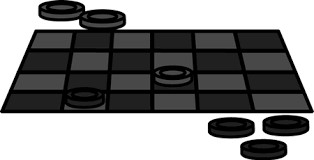
**\*\* Large Numerals must be displayed on the back of every player’s shirt.**

1. Official high school basketball rules will apply except as noted below.
2. A team must have 5 players on the floor in order to begin a game. (no more than 8 per team)
3. Once game has started only students listed on roster can participate in the event.
4. Substitute players must be identified at the score table before going into a game.
5. Only the coach may question an official’s ruling. Players arguing with officials will receive a technical foul. Two technical fouls on a player will result in the disqualification of that player for the rest of that game.
6. Games will consist of two 12 minutes halves with a 5-minute rest period between the halves.

Time is continuous.

1. Championship games will consist of two 20-minute halves with a 10-minute rest period between the halves. Time is continuous.
2. 3 fouls per player allowed per half - with 4 time outs per half.
3. A team leading on the scoreboard may not call a time out and let the clock run out.
4. Automatic time out - last 2 minutes of the game – clock stops.
5. Antagonizing of referee and unsportsmanlike conduct is prohibited and will be grounds for elimination.

###### Running clock – Only the referee can stop the clock.



**RULES FOR CHECKERS**

1. Each program is entitled to **2 players**.
2. The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
3. Each team will draw for their position in the competition.

**Two persons play the game of CHECKERS**. Each player places their twelve checkers on the black square of the first three rows on opposite ends of the board.

The object of the game is to capture all of the opponent’s game pieces, or block them so that they cannot be moved. The checkers are moved diagonally and each player moves alternately one of his men, in order to “capture” an opponent’s checker, he must be able to jump (with his own man) over his opponent’s checker when there is a vacant square behind. Single men may move diagonally forward. When a checker has reached the last row of his opponent’s side, it becomes a “King” and then may move diagonally forward or backward. The “King” is “crowned” by placing another checker on top of it. You are allowed to jump as many of the opponent’s men on the same move if there are vacant squares diagonally behind each. When there is a “jump” available, the opponent must jump.

**RULES FOR CHESS**

1. Each program is entitled to 2 players.
2. The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
3. Each team will draw for position in the competition.
4. Competition will proceed with the following rules:
   1. The chessboard is placed between the players in such a way that the corner to right of each player is white.
   2. Each player starts with 16 pieces. They are: 1 King, 1 Queen, 2 Rooks, 2 Bishops, 2 knights, 8 Pawns
   3. White goes first.

**HOW THE PIECES MOVE**

1. King can move to any adjoining square that is not attacked by an enemy piece.
2. Queen may move in any direction as far as it wants.
3. Rook may move sideways and up or down as far as it wants. It may not move diagonally.
4. Bishop may move only on the diagonal it stands on.
5. Knight moves 2 squares to the left, right, up or down and then makes a 90-degree angle and moves one square.
6. Pawns may only move forward
   1. When the pawn first moves it may move two squares. After it has moved once, it only moves one square at a time.
   2. When a pawn reaches the end of the row it may be exchanged for any piece – a queen, rook, bishop, or the

knight.

* 1. When a pawn is making a capture it moves diagonally and can only go one square.

**MOVING:**

1. Once a player touches a piece he must move that piece or forfeit his turn. If a player wishes to adjust a piece by putting it in the middle of the square he must first say, “I am going to adjust a piece.” This means he does not

have to move that piece.

1. Each player has two minutes in order to make a move. The tournament director or judge will keep time.
2. A player’s turn is over when he removes his hand from the piece he moved.

**CHECK:**

1. When you lose your king the game is over.
2. When the enemy is attacking your king this is called **CHECKED**.

**WINNING**

The game is over when a player cannot get out of a check.

**CHEERLEADING COMPETITION**

Awards will be given for 1st through 3rd place winners.

GENERAL RULES:

1. Each program may enter one squad in the cheerleading competition.
2. Each program must limit its squad to no more than 10 members and no less than 5.
3. Each team member must be a member of the TRiO Program that he or she represents.
4. Cheers done by all of the squads should be in good taste and should represent the true spirit of TRiO.
5. The performance time is limited to three (3) minutes for each squad for each round. **10 points will be subtracted from the average score if a routine is more than 3 minutes.** The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.
6. Each squad will perform twice, once during each round. The two Rounds are as follows:

###### ROUND 1 CHEER ROUTINE

**GROUP OF LEADERSHIP CHEERS AND CHANTS**

**(3-Minute Time Limit)**

1. Leadership cheer – Chants may be included as well as tumbling, mounts, stunts, pyramids, or

jumps are permitted.

1. Action must stop momentarily between each cheer.

###### ROUND II VARIED ROUTINE

**(3-Minute Time Limit)**

1. Cheer and/or chants may be used for parts or all of a routine, but are not required.
2. Props, equipment and/or music may be used, but are not required.

* Remember! - 10 points will be subtracted from the average score if a routine is more than 3 minutes. The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.

###### CHEERLEADING JUDGING AND CRITERIA

1. The total judging of the cheerleading competition will be done on a point system.
2. Judges will vote on the entire routine and not on each segment.
3. The cheerleading squads will be judged on the following criteria:
   1. Voice projection
      * Articulation
      * Clarity
      * Projection
   2. Execution of cheer
      * Arm-leg Coordination
      * Agility (ability to move in a quick and easy fashion.)
      * Body Balance
      * Rebounding Technique
      * Coordination of group routines
      * Knowledge of cheer
   3. Showmanship
      * Eye Contact
      * Flash and Brilliance
      * Personality
      * Poise
   4. Spirit
      * Smile
      * Enthusiasm
      * Self-Confidence
      * “Giving One’s All”
   5. Originality
      * The uniqueness and creativity of the routine
   6. Difficulty (\*\*Varied Routine Only\*\*)
      * Stunts, pyramids, etc.
   7. Personal Appearance (\*\*Score Only Once\*\*)
      * Cleanliness (Skin, Clothes and Hair)
      * Make-Up Application
      * Well Groomed
      * Uniformity

## CHEERLEADING COMPETITION SCORING SHEET

###### ROUND I:

1. Leadership cheer – Chants may be included as well as tumbling, mounts, stunts, pyramids, or jumps are permitted.

###### ROUND II:

1. Cheer and/or chants may be used for parts or all of a routine, but are not required.
2. Tumbling, stunts, pyramids are not permitted.
3. Props, equipment and/or music may be used, but are not required.

**10 points will be subtracted from the average score if either routine is more than 3 minutes. The time starts as soon as the first cheerleader steps on the floor, and the time stops when the last cheerleader is off the floor.**

*10 – Superior*

*8 – Excellent*

*6 – Good*

*4 – Fair*

*2 – Poor*

|  |  |  |
| --- | --- | --- |
|  | Round I | Round II |
| Voice/Projection |  |  |
| Cheer Execution, Precision |  |  |
| Showmanship |  |  |
| Spirit |  |  |
| Creativity/Originality |  |  |
| Difficulty *(Varied Routine only - Stunts, Pyramids, Etc.)* |  |  |
| Personal Appearance (Scored once only) |  |  |
| **Totals:** |  |  |

###### Final Total (Round I + Round II) =

1. Each program is entitled to a maximum of three contestants.



1. Participants will write a composition of at least 250 words dealing with a topic related to current events or TRiO.
2. Participants will receive the essay topic on the day of the creative writing contest.
3. Contestants will be given 30 minutes to write their essays and 10 minutes to read over what they have written and make corrections.
4. Each contestant will be awarded points as follows:

|  |  |
| --- | --- |
| **Area** | **Points** |
| Originality | 25 |
| Sentence Structure | 25 |
| Spelling | 20 |
| Informative/Entertaining | 15 |
| Clarity | 15 |

**Total Possible Points = 100**

1. There will be a first, second and third place winner.
2. The decisions of the judges are final.
3. Punctuality will be strictly observed.



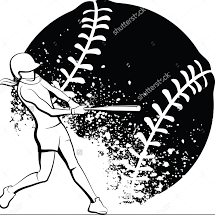
## CO-ED SOCCER

###### \*\*Each team will supply one time/score keeper per game\*

1. NCAA soccer rules will apply, except where noted below.
2. A team consists of 11 players, one of whom will be the goalkeeper. There must be at least 4 players of each sex on the field at all times.
3. A team must have at least 8 players on the field in order to begin a game. Other players may be added as they arrive, as long as their names are on the roster before the beginning of the game.
4. The team scoring the greater number of goals during at the end of the game will be the winner.

A goal is scored when the whole of the ball has passed over the goal line, between the goal posts and under the crossbar and the referee has declared it a valid goal.

1. Substitutions may be made by either coach during a goal kick, half time, after a goal is scored, or when a player is injured or ill. No substitutions on throw-ins. The coach must notify the scorekeepers of any substitutions before they are made. The coach or another player must notify the referee whenever the goalkeeper is changed.
2. Substitutes must stand at a designated point near the halfway line and wait until they receive a signal from the referee before entering the game.
3. Re-entry is permitted except for a player who has been removed due to an illness or injury.
4. A player's equipment may not include any unyielding or dangerous articles. Only referee approved shin guards and soccer shoes or tennis shoes may be used. Knee braces or casts are only allowed if deemed safe by the referee.
5. The regular games will consist of two 15-minute halves, with a 5-minute rest period between the halves. The clock runs continuously. The championship game will consist of two 20-minute halves with a 5-minute rest period between the halves. Time is continuous.
6. The games will be started by kicking the ball forward into the opponent's half of the field. All opposing players must be at least 10 yards from the ball until after it has been kicked off.
7. Teams will change ends of the field at the start of the second half, and play then will start with a kickoff by a member of the team opposite to that of the team taking the kickoff at the start of the game.
8. After a goal is scored, the ball will be taken to the center of the field and kicked off under the same conditions as when the game is started, by the team against which the goal was scored.
9. The ball is in play at all times from the start of the match to the finish, including rebounds from a goal post, crossbar, corner flag post or a referee into the field of play. The ball is only out of play when it completely crosses the boundary lines, whether on the ground or in the air, or when a referee stops the game.
10. Players, except the goalkeeper, may not deliberately carry, strike, or propel the ball with his/her hands or arms.
11. Players may not kick or attempt to kick the ball when it is in possession of the goalkeeper.
12. A player is off-side if he/she is nearer the opponent's goal line than the ball at the moment the ball is played unless:
    * Player is in his/her own half of the field of play.
    * There are two opponents closer to their own goal line than he/she.
    * Player receives the ball directly from a goal kick, a corner kick, a throw-in, or dropped by a referee.
13. Spectators, time/score keepers and coaches are not allowed on the field of play without permission from the referee.
14. If the game should end in a tie, the following tie breaking procedure will be used:
    * A "Sudden Death Shoot-out" (penalty kicks) will be held.
    * No player except the goalie, the player who will kick the penalty, and the referees, are permitted to be on that half of the field and nobody is allowed behind the goal line.
    * All other players, coaches and spectators must be on the other half of the field, or on the sidelines.



## CO-ED SOFTBALL

###### \* Each team must provide an unofficial scorekeeper.

**\*\*Each project must bring two new ASA approved restricted flight softballs**

**(12”– red stitch).**

**1.** Regular slow pitch softball rules will apply, except where noted below.

1. Each game will consist of 4 innings or 30 minutes; whichever comes first.
2. The competition will be single elimination until the first and second place winners are determined.
3. If the score is tied after 4 innings, extra innings will be played to break the tie.
4. If one team leads by 15 runs or more during a game, and the trailing team has batted through their order once, the game will be stopped and considered a complete game. If the home team is trailing at this point, the full inning must be completed. A minimum of two innings will be played in order for the 15 run rule to take effect, unless the home team is ahead after 1 ½ innings.

###### A team should field ten players (5 male, 5 female) and may add an extra hitter of either gender, resulting in a line-up of 11. The extra hitter must be present from the beginning of the game in order to add the 11th position to the batting order.

1. A team must have at least 9 players on the field to begin play, 4 of one gender and 5 of the other. A team that fields only nine 9 players, must take an automatic out in the 10th position of the batting order. If another player of the appropriate gender arrives late, they may be put on the field and into the 10th position of the line-up and the team will not have to take an automatic out from that point forward.
2. Substitution can only be made at the end of the inning unless there is an emergency – emergency is to be determined by official
3. In slow-pitch softball, players may not steal bases or take a lead off of the base. A player who leaves a base before the ball crosses the plate will be called out.
4. A base runner may be tagged out anytime they are off base except that they may over-run first base. However, the runner must be careful to touch first base on the way past and they must not make any movement towards second or they can be tagged out.
5. The coach is the only person who can question the decisions of any official.
6. Batting out of order will be an automatic out for the player skipped.
7. Changes in the batting order can only be made with substitutes.
8. A player who is removed for a substitute may not return. The re-entry rule does not apply.
9. There will be no spectator interference.



**CO-ED VOLLEYBALL**

##### \*\*Will be played on the sand volleyball court\*\*

###### 1. A team consists of 6 players (3 males and 3 females) and no more than 6 alternates.

1. Once game has started only students listed on roster can participate in the event.
2. The competition will be single elimination until the first and second place winners are determined. The final round will be best of three.
3. The net should be at least 7 1/2 feet from the sand.
4. The first team to reach 15 points wins the game, provided they lead by at least two points, OR whoever is leading after 30 minutes of play.
5. Points can only be scored by the team that is serving. It is considered a “side-out” and the serve is passed to the other team when the other team has returned a ball that the serving team then misses.
6. The ball may be hit 3 times by a team before going over the net. No individual player may hit the ball twice consecutively. A block is not considered a hit.
7. Each time the service is changed, the players on the serving team must rotate one position clockwise before the serve is begun.

10. ‘Carries’ or ‘lifts’ are illegal hits. Play is stopped and a point or side-out is awarded.

1. Regulation volleyball rules will be observed (USVBA) except as noted above.
2. Each team must provide an official scorekeeper.



**TENNIS - MIXED DOUBLES ONLY**

**\*Food, snacks and drinks are not permitted within the fence at the tennis courts. The only exception is water!!**

**\*\*Only tennis or athletic shoes may be worn, no hard-soled shoes.**

**\*\*\*Each program must bring racket and two cans of Penn (yellow) tennis balls.**

###### 1. The event will be mixed doubles (one male, one female).

1. All matches will start at the scheduled time. A ten-minute delay will be a forfeit of the match.
2. All tennis rules apply (faults, scoring, out of bounds, etc.)
3. The best two (2) out of three (3) matches wins. The matches will consist of three games.
4. NO ADD scoring will be used. The first player to score four points is the winner of the game.
5. There will be a five-minute rest period between each match.
6. Judges: A. Two (2) line judges – one judge on each baseline;

B. Umpire – keeps score.



## TRACK & FIELD

##### \*Each team must provide two stopwatches

###### 1. Point System for Track and Field Events:

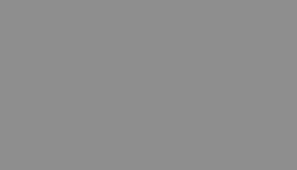
*1st Place 7 Points*

*2nd Place 5 Points*

*3rd Place 3 Points*

*4th Place 1 Point*

1. In all running events the runner must not leave the line of departure before the sound of the gun. If so, the runner will be scratched. After a runner has been scratched twice, he/she will be disqualified from that event.
2. In all running events, the runner may not leave his lane until an official has called his time.
3. The officials have the last say in the legality of all events and equipment.
4. Only two (2) participants will be allowed from each project in the 55-meter dash, 100-meter dash, 200-meter dash, 400-meter dash and 800-meter dash.
5. Only one team per program for relays.
6. Three (3) participants per program may participate in the mile run.
7. Each participant will only be allowed to participate in three (3) track events.
8. Each team will provide their own batons.
9. Starting blocks will not be used.
10. There is a weight limit for the Men’s and Women’s Heavy Duty 55-meter Dash.
11. The minimum weight for heavy duty races are 200 pounds.

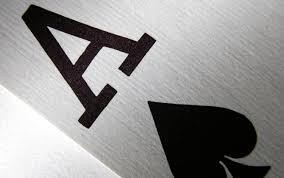


## PUBLIC SPEAKING

###### Categories for speech include: Impromptu, Informative, and Persuasive

**1.** Each program is entitled to two contestants. There will be a preliminary round with the top six scorers advancing to the final round.

1. Extemporaneous Speaking is a limited preparation event. Each contestant/program is responsible for providing their own reference materials. Suggested materials are magazines and newspapers printed within ninety days of the competition. All discussion topics will come from regional, national, and international news taking place within ninety days of the competition date. (NOTE: ALL WORLD AND NATIONAL NEWS FROM MAY 31, 2010 TO THE PRESENT IS FAIR GAME).
2. Each contestant will begin every round of competition in the exempt prep room. The exempt prep room will be free of distracting noises and conversations. The exempt prep room will be under the control of the proctor. Those not following the proctor’s instructions may be removed at the proctor’s discretion. The proctor may assign any necessary changes in speaker order. The proctor will call each speaker position and assign topics every seven minutes until all speaker positions have been assigned.
3. All speakers must be in the exempt prep room during their assigned time. Each speaker will receive from the proctor a topic clip with three topic choices. The speakers will have thirty minutes from the time of their topic draw to research and prepare their speeches and then appear in their assigned speaking rooms. The speakers will speak on one of the three topic choices only. The speaker will present the topic slip to the judge(s) in the competition room. A student without a topic slip may not be allowed to speak (at the discretion of the judges).
4. After the thirty-minute preparation, the speaker must present a maximum seven-minute speech on one of the topic choices offered on the topic slip. Judges will be instructed to give favorable consideration to those presentations that reach a minimum time of at least four minutes. A single 4 X 6 note card will be allowed during the presentation. No other notes or props are allowed.
5. The judge(s) will rank the speakers by order of preference from 1 to 5. No rank of six is necessary until the final round. The judges will also assign quality points from 1 to 25.
6. All contestants will be restricted to time limitations of 3 to 5 minutes. Students will be allowed to complete the last sentence only when running overtime. Speeches which do not meet minimum time limits will automatically be ranked as 5.
7. In the final round, the remaining participants will select a topic from the two they did not select in the preliminary round. They will have thirty minutes from their topic selection to prepare a speech on the new topic, following the same rules as before.
8. Judges will rank the finalists by order of preference from 1 to 6. The judges will also assign quality points from 1 to 25
9. Contestants may observe their fellow speakers after they have spoken, but under no circumstances before their own speeches. Audiences are allowed to observe the competition. Photographs, audio, and videotape will only be allowed with the consent of the competitors. The host program and tournament director may tape the final rounds of competition.



## SPADES

###### 1. Each program is entitled to one team consisting of two players.

1. This will be an elimination tournament. Winners will meet winners, and losers will drop out.
2. The game ends once a team reaches 7 points. The first team to 7 points wins.
3. There will be no bids; instead score will be kept by a point system. 7 books equals to 1 point, 8 books equals to 2 points, 9 books equals to 3 points and 10 books equals to 4 points. The score is being kept this way due to time purposes.
4. The dealer will be chosen by first diamond deal.
5. The Wild Cards will consist of the Joker (Big and Little), the two of diamonds and the two of spades in that order only.
6. Spades are always trump cards and will follow the wild cards.
7. Players talking once cards are dealt or talking across the table will be disqualified.



###### 1. Each program is entitled to 3 contestants.

1. The State TRiO Spelling Bee will be an oral competition, with eliminations on a miss-and-out basis in the traditional Spelling Bee.
2. Words used in Florida TRIO Olympics finals will be selected from the “Words of the Champion” booklet, from the lists used in various city and regional contest and from American Heritage Dictionary.
3. Words will be pronounced according to the diacritical markings in American Heritage Dictionary from which the pronouncer will select the definition or definitions that he/she gives. With the approval of the judgers, he/she may give a fuller explanation of the meaning of a word to supplement the dictionary definition of definitions quoted.
4. In competition, after the pronouncer gives the contestant a word, the contestant may also pronounce the word before spelling it, after spelling it, or, if he/she so chooses, not at all.
5. The contestant may request the pronouncer to re-pronounce the word, define it, or use it in a sentence. The contestant may ask for the language origin of the word. No other information about the etymology or history of a word will be given. If the contestant has a specific root word in mind, the contestant may ask if the dictionary lists that word as the root of the word to be spelled. The pronouncer will grant all such request until the judges agree that the word has been made reasonably clear to the contestant. JUDGES MAY DISQUALIFY ANY CONTESTANT WHO IGNORES A REQUEST TO START SPELLING.
6. Having started to spell a word, a contestant may stop and start over, retracing the spelling from the beginning, but in the retracing there can be no change of letters and their sequence from those first pronounced. If letters and their sequence are changed in the respelling, the speller will be eliminated.
7. Upon missing the spelling of a word, the contestant immediately drops out of the contest. The next word on the pronouncer’s list is given to the next contestant.
8. When the contestants are reduced to two, the elimination procedure changes. At that point, when one contestant misspells a word, the other contestant will be given an opportunity to spell the same word. If the second contestant spells that word correctly, plus the next word on the pronouncer’s list, then the second contestant will be declared the champion.
9. If one of the last two spellers misses and the other, after correcting the error, misspells the new word submitted to him/her, then the misspelled new word will be referred to their first speller. If the first speller then succeeds in correcting the error and correctly spells the next word on the pronouncer’s list, then he/she will be declared the champion.
10. American Heritage Dictionary will serve as the final authority for the spellings of words in the competition. If more than one spelling is listed for a word appears in boldface type and it either matches the pronunciation and definition provided by the pronouncer, or it is clearly identified as being a standard variant of the word that the contestant has been asked to spell. Boldface spellings at other locations having archaic, obsolete, or regional labels (such as North, Midland, South Brit(ish), Irish) that are different from those at the main entry will not be accepted as correct.
11. Any question relating to the spelling of a word should be referred to the judges immediately.

The deadline for making a protest is before the contestant affected would have received will be entertained after that word has been given another speller. When only two spellers remain, a protest must be made immediately, that is, before the second word, before the correct spelling is given the audience.

1. The judges are in complete control of the Spelling Bee. Their decision will be final on all questions. There will be three judges.

## SCHOLAR’S BOWL

###### Team Composition

A team shall be composed of six (6) team members with four (4) participating

members and two (2) substitutes. Each team shall designate its captain. If the competition is held in the summer, bridge students are ineligible.

###### Team Captain

The captain will operate the number (3) buzzer. The responsibility of the team

captain is to:

* 1. answer a specific bonus question, except when the captain announces a designee to answer a specific bonus question or part of a bonus

question;

* 1. decide on substitutions (Substitutions may only be made during a break between halves); and
  2. be aware of the rules and procedures.

**Procedures** - **Teams not in attendance at the start of a game will forfeit that game.**

Matches will take place in a round robin competition format. There will be several games held simultaneously and the team with the highest number of wins will be the champion. In case of a tie, head-to-head competition will decide the winner.

###### When two teams tie

For example, Team A and Team B are tied with records of 6 wins and 1 loss, if Team B beat Team

A when they played each other, then Team B is the winner.

###### When three or more teams tie

For example, Team A, B, and C are tied with records of 6 wins and 2 losses, if Team C beats both team A and B, then Team C is the winner. If Team C beats Team B, Team B beats team A, and

Team A beats Team C, then the team that had the highest point total in these head-to-head games would be the winner. The next tie breaker is highest points total of all games.

Each match will last a maximum of 30 minutes. It will consist of two halves, with ten (10) questions asked during the first half and ten (10) questions during the second half. There will be two-minute break between halves, at which time substitutions may be made. Two participating teams should not leave the room during the break.

All matches will be under the supervision and control of the following Scholar’s Bowl officials:

* + 1. Moderator: will ask the questions, be responsible for the questions, the conduct of the

match, judge the answers, and handle appeals.

* + 1. Timekeeper: will aid the moderator with all matters of time, maintaining a score sheet of the match and handle all matters of identification.

###### Questions

The categories of the questions will be: Language/Literature, Mathematics, Current Events, Miscellaneous, Social Science and Science

**Toss-up questions** will be worth ten (10) points each.

**Bonus questions** will be worth twenty (20) points each. Partial credit is possible on some questions with multiple answers. The multiple- part questions will be designated by the moderator. The answer to all bonus questions shall be given by the team captain, except when the captain announces a designee to answer a specific bonus question or part of a bonus question.

##### Answering Procedures

1. The match shall begin with the moderator asking a toss-up question. The time for the match begins with the reading of the first toss-up question.

2. The toss-up question is to be answered individually by the contestant who first buzzes in and is recognized by the timekeeper.

3. Teams may not confer on Toss-up questions.

1. Teams will have ten (10) seconds to buzz in after the moderator has completed reading the question.
2. If no one buzzes in after ten (10) seconds, the timekeeper calls “time”, the answer is read, and a new question will be asked.
3. The contestant who is recognized to answer will then have ten (10) seconds to complete the answer. Any answer or part of the answer made after time has expired will not be counted.
4. After a correct answer to a toss-up question, the team will get a bonus question. The team may confer during the bonus.
5. At the completion of the reading of a bonus question, the team captain must complete the answer within thirty (30) seconds. Bonus questions, which have multiple answers for partial credit, **must be specified as to which part of the answer is being given.**

*For example, Bonus question: (5 points each):*

Name the following members of the first presidential cabinet.

1. President B. Vice- President C. Secretary of Treasurer D. Attorney General

An example of a correct partial response could include, “C is Alexander Hamilton; A is George Washington; D no response; and B is John Adams.”

The moderator would then say,” A, B, and C are correct for 5 points each for a total of 15 points. The correct response for D was Edmund Randolph.’

##### Buzzers are not used for the bonus questions.

**IN ALL CASES, THE FIRST ANSWER IS THE ONLY ACCEPTABLE ANSWER. “STACKING” ANSWERS FOR TOSS-UP OR BONUS QUESTIONS WILL NOT BE ALLOWED.**

**The match shall continue as stated, with the following specifics:**

* 1. In case of an interrupted toss-up:
     1. An incorrect answer will not be penalized.
     2. The question shall be completely re-read for the opposing team only and is to be answered individually by the competitor who buzzes in first and then is recognized.
  2. In case a toss-up is answered incorrectly (without interruption), there is no penalty.
  3. There will be a ten (10) second allowance before the question is killed and another toss- up will be read.
  4. If a question is answered by a contestant before he/she is recognized by the moderator, the answer, right or wrong, shall be disregarded and the opposing team will have ten (10) seconds to buzz in. If the opposing team buzzes in, after the individual is recognized he/she will have 10 second to complete his/her answer.
  5. In case of undue audience participation or disturbance, the question involved shall be discarded and a new question will be read after the audience has been reprimanded.
  6. In case of a missed toss-up:
     1. When a toss-up question is missed by a participant who has attempted an answer after buzzing in and having been properly recognized, the question will be open

for the other team to answer. Contestants from both teams are reminded not to confer during the toss-up questions, even if the other team has been recognized.

* + 1. The opposing team will have ten (10) seconds to buzz in after the moderator has indicated and incorrect answer. They will have ten (10) seconds to complete their

answer after being recognized.

* 1. In case of a protest:
     1. The protest must be made on the spot. The match may be interrupted if a team captain feels a procedure is questionable. He/she should inform the moderator

and the protest shall be resolved by the moderator and timekeeper. **Sponsors, coaches, and audience members may not interrupt for any reason.** The team captain is to be aware of the SAEOPP Scholars’ Bowl rules and procedures.

* + 1. Any decision to be made regarding the protest shall be made by the moderator whose decision is final.
    2. In case a match is tied, toss-ups shall be read until the tie is broken.
    3. Final decisions shall be made by the Scholars’ Bowl Committee on all matters not covered here.
    4. The answers on the moderator’s cards are the only acceptable correct answers.

###### STUDY MATERIAL:

1. *Campbell’s Potpourri V of Quiz Bowl Questions* by John P. Campbell
2. *Three Cheers for the Red, White, and Blue and Other Famous* by John P. Campbell
3. *Campbell’s 213 Lightning Rounds* by John P. Campbell

###### QUIZ BOWL QUESTIONS WEBSITES

|  |  |  |
| --- | --- | --- |
| 1. | Patrick’s Press, Inc. | [www.patrickspress.com](http://www.patrickspress.com/) |
| 2. | National Academic Quiz Tournaments (NAQT) | [www.naqt.com](http://www.naqt.com/) |
| 3. | Knowledge Master | [www.greatauk.com](http://www.greatauk.com/) |
| 4. | Thinking Cap | [www.thinkingcapquizbowl.com](http://www.thinkingcapquizbowl.com/) |
| 5. | Academic Bowl Online | [www.academicbowlonline.com](http://www.academicbowlonline.com/) |
| 6. | Questions Unlimited | [www.qunlimited.com](http://www.qunlimited.com/) |

 **Academic Bowl Competition Rules**

**GENERAL INFORMATION**

* 1. No buzzer sets will be used.
  2. Official timekeepers will verbally control response time.
  3. An official scorer will tabulate and announce scores at the end of each round.
  4. Each school is permitted to register a team of up to twelve members. However, the minimum number of participants for any given event is 6 and the maximum number of participants is 8. Team members may only be “substituted” after rounds one and/or two of the Super Quiz. **STUDENTS MAY NOT BE” SUBSTITUTED” DURING THE WRITTEN EXAM OR THE SPELLING BEE.**
  5. The **ONLY EVENT** in which Team Members may confer before answering a question is during the **SUPER QUIZ.**

###### TALKING AND SHARING INFORMATION IS CONSIDERED CHEATING. THIS WILL NOT BE ALLOWED. IF FOUND GUILTY OF TALKING AND/ OR SHARING INFORMATION, TEAM MEMBER(S) AND/ OR THE TEAM WILL BE DISQUALIFIED FROM THE COMPETITION.

* 1. Proctors will be stationed at each team’s table to:
     1. Monitor team members.
     2. Confirm answers for official scorekeeper.
     3. Flip Score cards during competition.

###### PROCTORS WILL NOT MONITOR THEIR INDIVIDUAL TEAMS.

* 1. NO STUDY MATERIALS ARE ALLOWED AT THE COMPETITION. STUDY GUIDES SHOULD BE LEFT IN VEHICLES.
  2. Teams may use the Campbell’s Middle School Quiz Books as a guide for

Study Material. However, the test preparer may obtain questions from other sources earmarked for middle school students.

**WRITTEN EXAM (40 Multiple choice questions)**

1. Each team is required to take the written exam.
   1. Copies of the exam will be distributed to each team member.
   2. Team members will not be allowed to sit together.
   3. Each member taking the exam will be given an identifying number before taking the exam.
   4. English, Science, History and Math questions will be included in the exam.

Pre- algebra is the highest level of math on the exam.

1. Each member will receive one (1) point for each correct answer up to total of 60 points.
2. Each team score will be the **AVERAGE** of all team members’ scores combined. (This compensates for the potential variances in the size of competing teams).
3. Each written examination competition will last 45 minutes.
4. Each team may have from 8 to 12 members to take the written exam.

**SPELLING BEE (25 words)**

1. The team must designate at least six members to participate, with a maximum of eight (8) members.
2. Each member will receive (1) point for each correct answer up to a total of 25 points.
3. Each team score will be the **AVERAGE** of all team members’ scores combined. This compensates for the potential variances in the size of competing teams.
4. This competition will last 30 minutes. Each word will be called twice.

###### SUPER QUIZ

1. All teams will participate in the first and second rounds. The teams with the three

(3) highest scores at the end of the second round will participate in the third round.

1. This competition will last 60 minutes. Each question will be read twice.
2. First Round-----20 questions
   * One (1) person is responsible for writing the answers for each team.
   * Teams will earn five (5) points for each correct answer in the first round.
   * Fifteen (15) seconds will be allowed to answer each question.
   * Up to twenty (20) minutes will be allowed for this round.
   * The team must designate at least six (6) members to participate, with a maximum of eight.
3. Second Round -----20 questions
   * One (1) person is responsible for writing the answers for each team.
   * Teams will earn ten (10) points for each correct answer in the second round.
   * Fifteen (15) seconds will be allowed to answer each question.
   * Up to twenty (20) minutes will be allowed for this round.
4. Third Round----10 questions
   * Only those teams whose scores are among the top three highest scores in the second round will compete in the third round.
   * One (1) person is responsible for writing the answers for each team.
   * Teams will earn fifteen (15) points for each correct answer in the third round.
   * Fifteen (15) seconds will be allowed to answer each question.
   * Up to twenty (20) minutes will be allowed for this round.

###### TIE-BREAKER PROCEDURES

1. Written Exam (Individual Award)
   1. The format may include:

a.) Multiple-choice b.) Sentence completion

c.) True or False and d.) Math not to exceed pre-algebra.

* 1. In case of multiple tie-breaker rounds, the judges will have the authority to choose additional questions until the tie is broken.

1. Written Exam (Team Award)
   1. Each team will designate *one member* to compete for that team.
   2. Format will be same for Individual Award.
   3. Scoring: Total score-One (1) point per correct answer.
   4. In case of multiple tie-breaker rounds, the judges will have the authority to choose additional questions until the tie is broken.
2. Spelling Bee- (Team Award Only)
   1. Each team will designate *one member* to compete for that team.
   2. Teams who are tied will compete in five-word rounds until a winner is declared.
   3. Scoring: Total score- One (1) point per correct answer.
   4. In case of multiple rounds, the judges will have the authority to choose additional words until the tie is broken.
3. Super Quiz (Team Award Only)
   1. In the event of a tie after Round Two, **teams who are tied** will compete in five- question rounds until a winner is declared, regardless of the number of tied teams. In the event of a tie for first and/or second place after the Third Round, the teams who are tied will compete in five-word rounds until a winner is declared.
   2. Scoring: Total score-One (1) point per correct answer.
   3. In case of multiple rounds, the judges will have the authority to choose the questions until the tie is broken.

###### AWARDS

The overall first, second, and third place winners will be determined from the total number of points received by each team for winning and placing in the three competitions. The points will be assigned according to competition rank:

First Place 10 Points

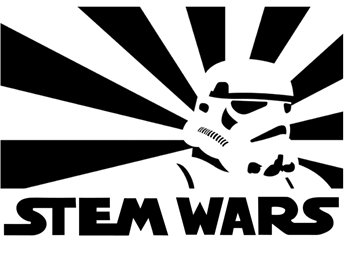
Second Place 7 Points

Third Place 4 Points

In case of a tie, the team with the highest score at the end of a five-question round or rounds will be declared the winner. Those tie-breaker questions not used in the Written Exam and/or the Super Quiz Competition will serve as the tie breaking questions.

**MasteryPrep Competition**

1. Each program is entitled to three (3) contestants.
2. The Mastery Prep ACT Competition will consist of two (2) competition components of the ACT Preparatory Exam: English and Math
3. Exam components will be provided by *MasteryPrep* and will be based on the ACT and will follow the following testing format:
   1. English: 50 multiple-choice questions in 30 minutes
   2. Math: 30 multiple-choice questions in 30 minutes
4. The English portion will have questions from the following categories:
   1. Production of Writing
   2. Knowledge of Language
   3. Conventions of Standard English
5. The Math portion will have questions from the following categories:
   1. Numbers & Quantity
   2. Algebra
   3. Functions
   4. Geometry
   5. Statistics & Probability
   6. Integrating Essential Skills
   7. Modeling
6. Students will have a 10-minute break between each portion of the competition
7. Prizes will be given to the top performers in the following areas:
   1. Highest English score
   2. Highest Math score
   3. Highest Combined score (English and Math)



1. Each program is entitled to at least 5 people no more than 20 people for the MOSI EVENT Portion.
2. This is not a competition but a learning experience.
3. This event will combine Music and STEM technology like never before. STEM WARS has become the largest S.T.E.M. (Science, Technology, Engineering, and Math) initiative in the country dedicated to the engagement of minority, low-income, and first-generation college students in S.T.E.M. fields and careers!

PART I- 1:00 PM and 3:00 PM at USF REC CENTER(OPEN TO ALL PARTICIPANTS).

PART II- 4:00 PM and 7:00 PM at MOSI (Sign up by program as point 1 above).

**Directions to USF**

**From Interstate 275**

* Take exit 51, Fowler Avenue FL 582 W/E exit.
* Travel east on Fowler approximately 3 miles.
* The main entrance to the University will be on your left (Turn onto Leroy Collins Blvd)

**From Interstate 75**

* Take exit 265, Fowler Avenue FL 582 W/E exit.
* Travel west on Fowler for approximately 3.5 miles.
* The main entrance to the University will be on your right (Turn onto Leroy Collins Blvd)

**Opening Ceremony Oval Theater**

* On Leroy Collins Blvd Go past the stop light (Alumni Blvd).
* Drop off at the U-turn in front of the Grace Allen Building.
* An escort will take you to the Marshall Center Oval Theater.

**Main Events Recreation Center**

* From Leroy Collins Blvd turn east onto Alumni Blvd.
* Turn left (north) onto Maple Drive.
* Drive past the Sun Dome.
* Drop off at Recreation Center which is building on left right next to Sun Dome.

**APPENDIX**

## TRACK & FIELD

**Order of Events 1st place 2nd place 3rd place 4th place**

**(7) (5) (3) (1)**

**Running Events**

**Men’s HD 55-m Dash**

**Women’s HD 55-m Dash**

**Women’s 100-m Dash**

**Men’s 100-m Dash**

**Women’s 400-m Dash**

**Men’s 400-m Dash**

**Women’s 200-m Dash**

**Men’s 200-m Dash**

**Women’s 8000-m Run**

**Men’s 800-m Run**

**Women’s 4 x 100 Relay**

**Men’s 4 x 100 Relay**

**Women’s 4 x 400 Relay**

**Men’s 4 x 400 Relay**

**Women’s 4 x 800 Relay**

**Men’s 4 x 800 Relay**

## Totals:

**Final School: 1st place 2nd place 3rd place 4th place**

## TRACK HEAT SHEETS

**Men**

###### Running Events

1. **HD 55m Program II. 100m Program**
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**III. 200m Program IV. 400m Program**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## TRACK HEAT SHEETS

**Men**

###### Running Events

**V. 800m Program VI. 4 x 100m Program**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**VII. 4 x 400m Program VIII. 4 x 800m Program**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## TRACK HEAT SHEETS

**Women**

###### Running Events

**I. 100m Program II. 4 x 100m Program**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## TRACK HEAT SHEETS

**Women**

###### Running Events

1. **HD 55m Program II. 200m Program**

\_ 10.

\_ 11.



**III. 400m Program IV. 800m Program**



\_ 10.

\_ 11.



## TRACK HEAT SHEETS

**Women**

###### Running Events

**V. 4 x 400m Program VI. 4 x 800m Program**



\_ 10.

\_ 11.



**\*\*DID YOU REMEMBER TO BRING THE FOLLOWING\*\***

* Remember that it will be hot and humid during the summer in Tampa, so bring appropriate clothing.
* Snacks
* Cooler
* Spending Money- Concession will be sold
* Blankets, towels, umbrella
* First aid kits
* Sports Equipment
* Team Uniforms
* Sneakers and comfortable walking shoes
* Workout clothes/casual dress clothes
* Personal Hygiene Items (toothpaste, soap, etc.)
* Program Banner
* Insurance Waiver for each student (on website)

###### OPTIONAL ITEMS

* Computer/Laptop/IPods/Cell Phones- We recommend leaving all electronic devices at home, on the bus or at the hotel for safe keepings.

**What not to bring:** pets, open elements/open flame appliances, guns/weapons of any kind, BB guns, knives, bows and arrows, alcohol of any kind, non-prescription drugs.