



ADVERTISING SPECS

INTEGRATED PARTNERSHIP CONTACTS

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AVAILABLE ADVERTISING UNITS

Ad Unit Name	Size (Pixels)	JPG Max Size	HTML5 Max Size	Type	Formats Supported	Notes
Leaderboard	728x90	40K	75k	Image	JPG/PNG/GIF/HTML5	(GIF): 3 Rotations or :15, whichever comes first
Super Leaderboard	970x90	75K	100K	Image	JPG/PNG/GIF/HTML5	(GIF): 3 Rotations or :15, whichever comes first
Medium Rectangle	300x250	40K	75K	Image	JPG/PNG/GIF/HTML5	(GIF): 3 Rotations or :15, whichever comes first
Half Page	300x600	75K	100K	Image	JPG/PNG/GIF/HTML5	(GIF): 3 Rotations or :15, whichever comes first
Mobile Leaderboard	320x50	15K	40K	Image	JPG/PNG/HTML5	Can be made adhesion on FloSites
Mobile Rectangle	300x250	40K	75K	Image	JPG/PNG/GIF/HTML5	(GIF): 3 Rotations or :15, whichever comes first
Skin	1600x1400	120K	N/A	Image	JPEG	Custom Template Needed
Video Pushdown	970x90 -> 970x300	40K	N/A	Image/Video	JPEG	Requires three assets: 970x90, 477x300, Video
Mobile Video	300x250 Video	25MB	N/A	Video	MP4/MOV	
Mobile Interscroller	320x528 Responsive	25MB	N/A	Image/Video	JPEG/PNG/MP4/MOV	Can be static image or include video
PreRoll	640x360 Video	25MB	N/A	Video	MP4/MOV	Max of :15s
Live Stream	640x360 Video	25MB	N/A	Video	MP4/MOV	:15s or :30s (:15s Preferred)
Logo	N/A	200KB	N/A	Image	PNG/EPS/JPEG	For Sponsorship Elements



AVAILABLE SPONSORSHIP UNITS

Ad Unit Name	Size (Pixels)	Max Size	Type	Formats Supported	Notes
Homepage Banner	620x348	40K	Image	PNG/EPS	Content Unit, Logo Only
Facebook Post	620x348	40K	Image	PNG/EPS	Content Unit, Logo Only
Twitter Post	620x348	40K	Image	PNG/EPS	Content Unit, Logo Only
Instagram Post	640x640	40K	Image	PNG/EPS	Content Unit, Logo Only
Newsletter Inclusion	620x349	40K	Image	PNG/EPS	Content Unit, Logo Only
Sponsored Video	Custom	N/A	Custom	N/A	Custom Execution
Sponsored Article	Custom	N/A	Custom	N/A	Custom Execution

SUBMISSION DEADLINES

Submission Type	Timelines
Standard Media/PreRoll	3 Business Days prior to launch
Custom/High Impact Rich Media	5 Business Days prior to launch
Custom Video Elements	Custom

CREATIVE RECOMMENDATIONS

Call To Action	All creatives should have a clear call to action with direct action or incentive to click when possible.
Images	Abstract or hard to distinguish images are not recommended. Use images of easily recognizable personalities or objects that draw the eye of your audience. Avoid full text creatives.
Animations	Restrict animations to a maximum of 3 rotations using simple transitions.


FLOGRAPPLINGNEWSEVENTSRESULTSTRAININGRANKINGSARENAFILMS

728x90 or 970x90 Ad

Analysis: How Felipe Pena's Extraordinary Back-Attacks Won Him ADCC

View Full 2019 ADCC World Championships Coverage

Sep 18, 2019
Chase Smith



Hywel Teague

Though Felipe Pena was surely considered a frontrunner in the ADCC absolute division in 2017, he shocked the world with a dominant performance when he subbed Buchecha and soundly beat Gordon Ryan (for the second time) as he made his way to the top of the podium.

The Gracie Barra athlete displayed elite conditioning. Unlike other tournaments, ADCC runs the entire absolute division after the weight categories have run to completion, meaning that Felipe had already competed in two matches that day, including a 20-minute final with Yuri Simoes that he narrowly lost.

PRO Analysis: How Felipe Pena's Extraordinary Back-Attacks Won Him ADCC
Sep 18, 2019

PRO Nicky Ryan Promoted To Brown Belt by John Danaher
Oct 9, 2019

PRO Who Is The No-Gi GOAT?
Oct 9, 2019

300x250 Ad


Or
300x600 Ad

PRO Grapplign Bulletin: The Rise and Rise of Fight

Item	Specification
Ad Unit Dimensions	300x250, 300x600, 728x90, 970x90, 320x50
Ad Unit Type	Image
Maximum File Sizes	40K JPEG/75K HTML5 (300x250 ,728x90), 75K JPEG/100K HTML5 (300x600, 970x90)
File Format	GIF/JPEG/PNG/SWF
Animation	GIF/SWF – 15 Seconds Maximum or 3 Loops
Frame Rate	18 F/S Maximum
Expand Action	Expansion only upon prior approval during RFP process
3 rd Party Tag Support	All sizes support most 3 rd party ad server tags/trackers
Supported Tracking	Clicks, Impressions
Required Default GIF/JPG	300x250, 300x600, 728x90, 970x90
IAB Standards	IAB Standards Supported
Additional Notes	ATF and BTF Available on all ad sizes. 728x90 and 970x90 are interchangeable.

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FRL 414: Reviewing Pitt, UNC, & Oklahoma's Lineups

Oct 10, 2019

FEATURED EVENTS

Super 32

Oct 12-13, 2019 - 7:00 AM

Watch Replay

Fall Brawl

Oct 19, 2019 - 8:00 AM

Freakshow of Amateur Wrestling

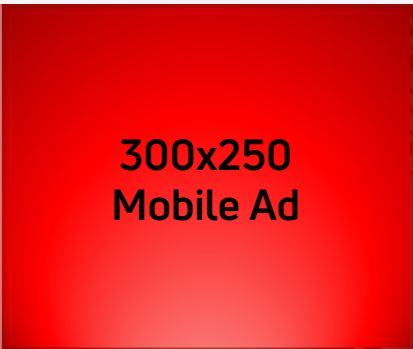
Oct 19-20, 2019 - 11:00 AM

Monster Dual

320x50 Ad


FLOWRESTLING

NEWSEVENTSRANKINGSRESULTS



300x250
Mobile Ad

HEADLINES



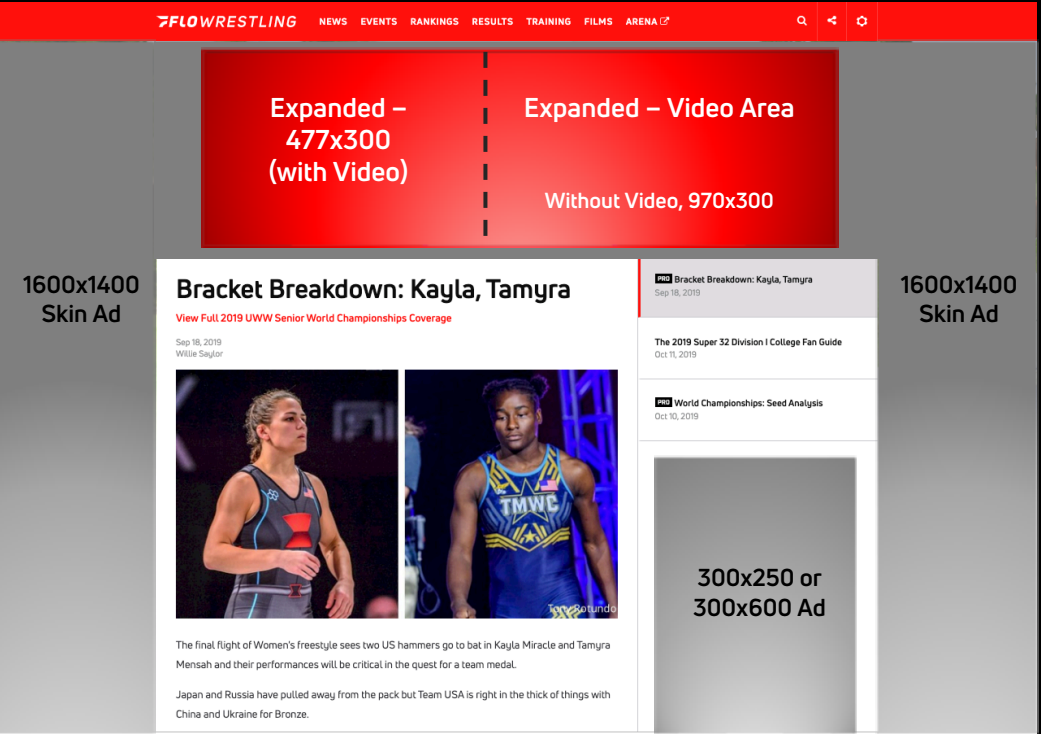
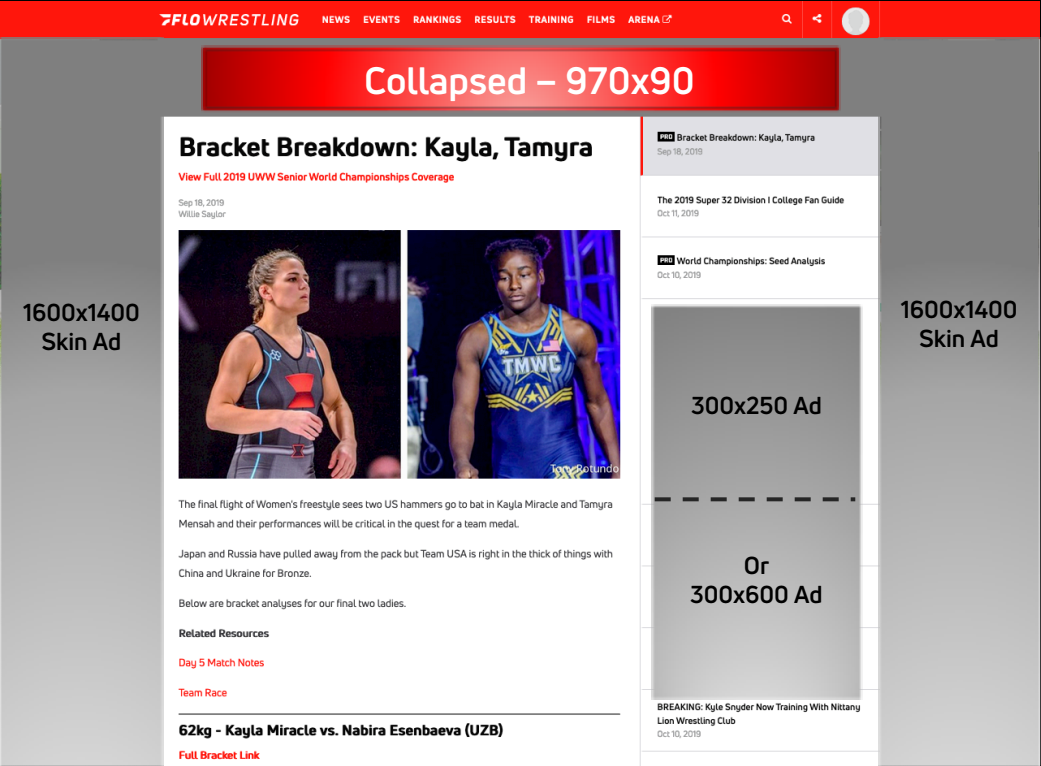
PRO Learn The Future Stars: Super 32 Middleweight Preview

Oct 10, 2019

320x50 Ad

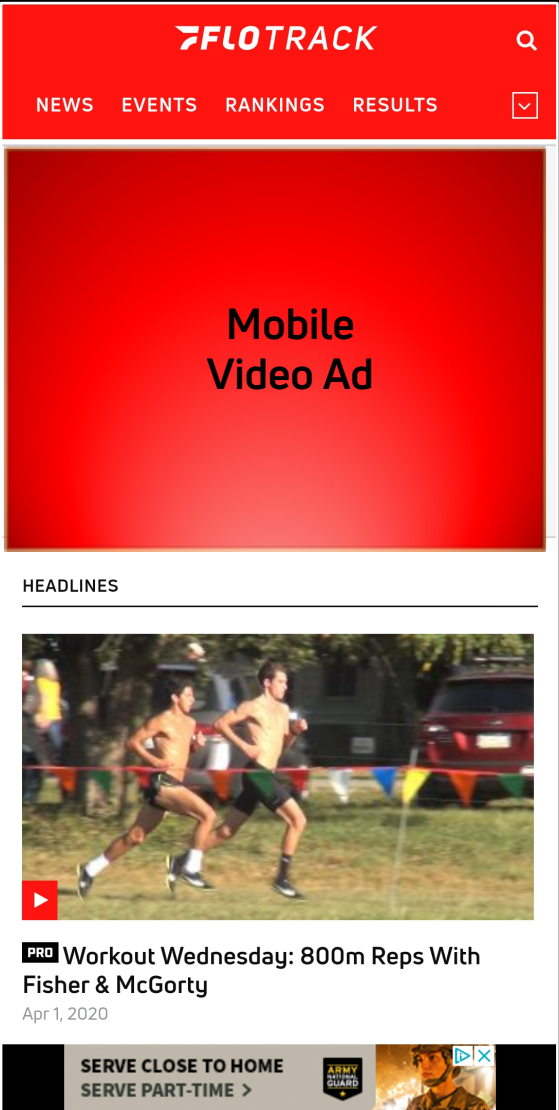
Item	Specification
Ad Unit Dimensions	300x250, 320x50
Ad Unit Type	Image
Maximum File Sizes	15K JPG, 40K HTML5
File Format	GIF/JPEG/PNG
Animation	GIF – 15 Seconds Maximum or 3 Loops
Frame Rate	18 F/S Maximum
Expand Action	Expansion only upon prior approval during RFP process
3 rd Party Tag Support	All sizes support most 3 rd party ad server tags/trackers
Supported Tracking	Clicks, Impressions
Required Default GIF/JPG	300x250, 320x50
IAB Standards	IAB Standards Supported
Additional Notes	ATF and BTF Available on all ad sizes. Flash not supported.

Item	Specification
Ad Unit Dimensions	Custom 1600x1400 Skin (Template Needed)
Ad Unit Type	Image
Maximum File Sizes	150K
File Format	JPEG
3 rd Party Tag Support	Only Supports 3 rd Party 1x1 Trackers
Supported Tracking	Clicks, Impressions
Additional Notes	<ul style="list-style-type: none">• Link to FloSites PSD Design Template Found Here• Link to MileSplit PSD Design Template Found Here• Important CTA/Copy within safe area, however creative should extend to edges• FloSports can provide design with client approval• If client designed, FloSports requests un=flattened native/mechanical files for double check

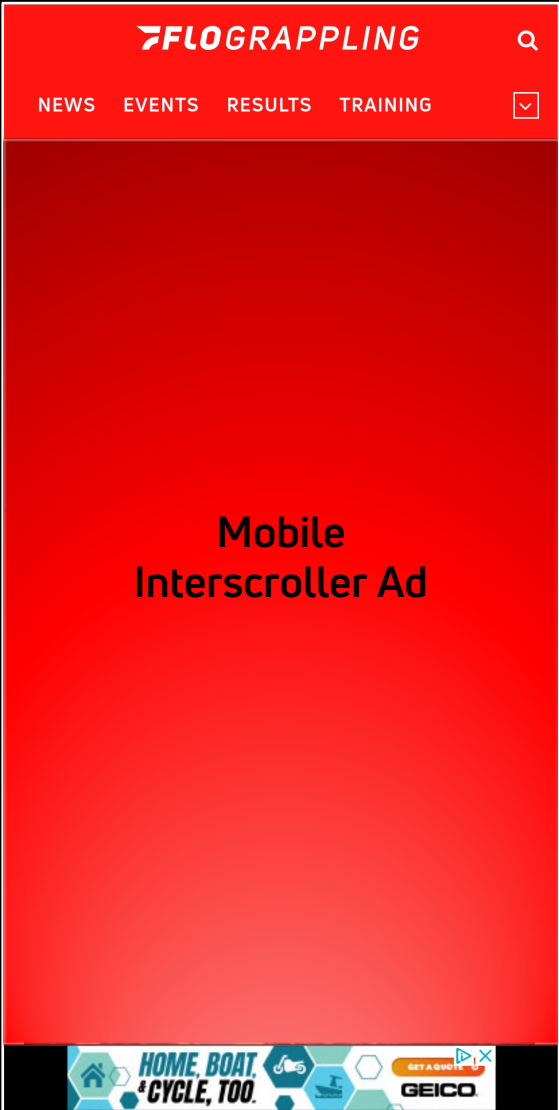


Item	Specification
Ad Unit Dimensions	970x90, expanding to a 970x300
Ad Unit Type	Image and/or Image with Video
Maximum File Sizes	75K/25MB for video
File Format	JPEG, MP4/MOV for video
3 rd Party Tag Support	Display assets only accept 1x1 trackers. Video can be VAST tag or 1x1
Supported Tracking	Clicks, Impressions
Additional Notes	<ul style="list-style-type: none">If video is included, a 477x300 companion asset is requiredAll display portions only take 1x1 trackers. Video can be tracked via 1x1 or VAST tag.Video auto plays on expansion and mute.

Mobile Video



Mobile Interscroller



Ad appears 'through' page content as user scrolls, continually filling screen space

Item	Specification
Ad Unit Dimensions	Mobile Video: 300x250 In Banner Video Mobile Interscroller: Responsive to screen size, with 320x528 Mock)
Ad Unit Type	Mobile Video: Video Mobile Interscroller: Static Image or Static Image w Video
Maximum File Sizes	N/A – Custom Designed by FloSports
File Format	JPEG/MOV/MPEG
Frame Rate	Video: 60 F/S
Expand Action	Mobile Interscroller: Expands upon scrolling through content.
3rd Party Tag Support	All sizes only support 1x1 tracking
Supported Tracking	Clicks, Impressions
IAB Standards	IAB Standards Supported
Additional Notes	<ul style="list-style-type: none">• Creatives must be built out by FloSports in our rich media mobile ad server• Mobile Video: Must receive video file in MP4 or MOV format• Mobile Interscroller: Must receive unflattened native/mechanical files and creative direction. Client approval required prior to going live.

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Simpson, Willis Continue Winning Ways At 5th Avenue Mile

View Full 2019 New Balance 5th Avenue Mile Coverage

Sep 8, 2019
Rich Sands

:15s PreRoll Ad

© 2019 Race Results Weekly

NEW YORK (08-Sep) -- Jenny Simpson and Nick Willis extended their dominance at the New Balance Fifth Avenue Mile here today, earning hard-fought wins in close battles down the famed Manhattan roadway. For Simpson, it was a record-extending eighth overall (and seventh consecutive) title in the event, while Willis broke the record for most men's victories with his fifth win. A record 9172 runners completed what was the 39th edition of the race, according to race

Simpson, Willis Continue Winning Ways At 5th Avenue Mile
Sep 8, 2019

2019 FloTrack TV Guide
Oct 9, 2019

PRDWinners/Losers: 2019 IAAF World Championships
Oct 9, 2019

United States Olympic & Paralympic Co Updates Rule 40
Oct 8, 2019

PRDDay 10 Grades: Cheruliyot Pummel Upset Win For Ali
Oct 6, 2019

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2019 AAU Junior Olympic Games

Jul 27 - Aug 3
Greensboro, NC

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Event200m312400m287Hurdles233Relay197800m125More(+13)

GenderMen760Women754

LevelYouth337High School9Professional1

Content Type

:15s PreRoll Ad

2019 AAU Junior Olympic Games - Day Eight Track Replay (Part 2)

Aug 3, 2019

2019 AAU Junior Olympic Games - Day Eight Track Replay (Part 2)

Item	Specification
Ad Unit Dimensions	640x360
Ad Unit Type	Video
Maximum File Sizes	25MB
File Format	H.264 (MP4 Container)
Frame Rate	60 F/S
Aspect Ratio	16:9
Looping	Not available
Max Length	:15s (Strict)
3 rd Party Tag Support	Most 3 rd Party Tags accepted, including VAST and VPAID
Supported Tracking	Impressions, Clicks, Quartiles, Completions
IAB Standards	IAB Standards Supported
Additional Notes	<div><div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div> <ul style="list-style-type: none">Video is clickable to provided clickthru URLPreRoll max duration is :15sPreRoll is not skippable

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Item	Specification
Ad Unit Dimensions	640x360
Ad Unit Type	Video
Maximum File Sizes	25MB
File Format	H.264 (MP4 Container)
Frame Rate	60 F/S
Aspect Ratio	16:9
Looping	Not available
Max Length	:15s (Preferred) or :30s
3 rd Party Tag Support	Most 3 rd Party Tags accepted, including VAST and VPAID
Supported Tracking	Impressions, Clicks, Quartiles, Completions
IAB Standards	IAB Standards Supported
Additional Notes	<ul style="list-style-type: none">• Video is clickable to provided clickthru URL• Preferred duration is :15s, however :30s can be accepted if approved during RFP phase• Video is not skippable

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FLOXC



PRO

#TBT: Sheila Reid & Jordan Hasay's NCAA XC Rematch

Oct 10, 2019

TRENDING

Updates To Rule 40 & Athlete Marketing

FloTrack TV Guide

Workout Wednesday: UW-La Crosse Tackles Mile Repeats On Grass

PRO Doha Winners/Losers

PRO Tyler Nault Is On Another Level Right Now

FEATURED EVENTS

View All Events

FloTrack XC Live Calendar

Aug 4, 2019

FloTrack TV: Marathoners Marathon

Oct 10, 2019 - 7:00 PM


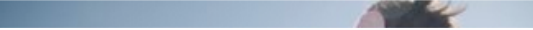
FSU XC Invitational

Oct 11-12, 2019 - 4:00 PM


INEOS 1:59 Challenge

Oct 12, 2019 - 12:45 AM

HEADLINES



Item	Specification
Ad Unit Dimensions	388x220 (Custom Made by FloSports)
Ad Unit Type	Custom Image
Maximum File Sizes	40K
File Format	PNG
Supported Tracking	Impressions
Additional Notes	<div><div>'Sponsored By' Banner is custom created by FloSports content team</div><div>Advertising Brand Logo (Horizontal Orientation Preferred) only asset needed</div><div>Logo must be transparent and in PNG format</div><div>Offline impression reporting available</div></div>




FloTrack

Published by Hootsuite [?] · March 11 at 11:42 AM · 🌐

Nothing like stumbling upon an ATV jamboree in the middle of the forest on your long run.

<http://ow.ly/MPIn50yJaUw>



YOUR LOGO
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FLOTRACK.ORG

Workout Wednesday: NAU 'Moto City' Long Run

One of the workouts we filmed during last fall's NAU: Running With The...



FloWrestling

@FloWrestling

New dates have been set for the @NHSCA High School Nationals.

Check out complete details and the new registration deadline.




YOUR LOGO
HERE

New Dates Set For NHSCA High School Nationals

www.flowrestling.org

Item	Specification
Ad Unit Dimensions	620x250 (Custom made by FloSports)
Ad Unit Type	Custom Image
Maximum File Sizes	40K
File Format	PNG
Supported Tracking	Impressions
Additional Notes	<div><div></div><div><ul style="list-style-type: none">‘Sponsored By’ Banner is custom created by FloSports content teamAdvertising Brand Logo (Horizontal Orientation Preferred) only asset neededLogo must be transparent and in PNG format3rd Party Tracking Not Supported</div></div>

LIVE: THE Spring Games



With over 500 college softball teams participating, THE Spring Games is undoubtedly the largest college softball event in the world.

LIVE: THE Spring Games

Item	Specification
Ad Unit Dimensions	620x349
Ad Unit Type	Custom Image
Maximum File Sizes	40K
File Format	PNG
Supported Tracking	Impressions
Additional Notes	<ul style="list-style-type: none">• ‘Sponsored By’ Banner is custom created by FloSports content team• Advertising Brand Logo (Horizontal Orientation Preferred) only asset needed• Logo must be transparent and in PNG format• 3rd Party Tracking Not Supported