



Freshman/Sophomore City Championship

Boys

March 5, 2023 at 8:00am

ARMORY TRACK & FIELD CENTER

Coaches Meeting will be held at 8:15am; Clerking begins at 8:30am
8:30 am first field event; 8:35am first running event

ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
4x200M Relay (Final on Time)	High Jump
3200M Run	Pole Vault
55M Dash (Trials; Top 8 to Finals)	Triple Jump
55M Dash Finals	Long Jump
55M Hurdles (Trials; Top 8 to Finals)	Shot Put
55M Hurdles (Finals)	Weight Throw
1000M Run	
600M Run	
300M Run	
1600M Run	
4x800M Relay (Final On Time)	
4x400M Relay (Final On Time)	

Please see "Track Information" and "Field Information" sections for additional details on events

General Information:

- Spikes will be allowed at this meet
- Athletes may compete in up to (3) events
- Frosh events will compete first, except for in the Long Jump and Triple Jump, which will compete at the same time in parallel pits
- PSAL I.D. numbers are required for this meet. Any athlete that wears any other PSAL I.D number other than their own will have their performances forfeited.

- The "6-6 Rule" is in effect for this meet. This rule requires that all PSAL teams must maintain a minimum of 6 athletes on roster; 6 must compete on the day of a PSAL meet.

Track Information:

- The 55M Hurdles will compete before the High Jump
- Seeded heats will compete last

Field Information:

- Shot put will compete before the weight throw
- The High Jump will compete after the 55M Hurdles
- The first mark for all shot putters, weight throwers, long jumpers and triple jumpers will be recorded. All remaining marks must meet the standard set forth by the games committee. If the marks are less than the standard then the marks will not be measured
- Only pole vaulters who have completed the required amount of clinics (2) may compete in the competition

Award Information:

- Medals will be awarded to the top 6 finishers in all events
- All events will receive a team score
- Team scoring will be conducted on a 10-6-4-3-2-1 points system
- Championship plaques will be awarded to the top 3 teams

**ALL COACHES MUST REGISTER AND ENTER THEIR ATHLETES FOR THE MEET AT .
ENTRIES WILL BE CLOSED AT 5PM THE DAY BEFORE THE MEET.**



Freshman/Sophomore City Championship

Girls

March 5, 2023 at 12:30pm

ARMORY TRACK & FIELD CENTER

Coaches Meeting will be held at 12:30pm

12:30pm first field event

ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
4x200M Relay (Final on Time)	High Jump
3000M Run	Pole Vault
55M Dash (Trials; Top 8 to Finals)	Triple Jump
55M Dash Finals	Long Jump
55M Hurdles (Trials; Top 8 to Finals)	Shot Put
55M Hurdles (Finals)	Weight Throw
1000M Run	
600M Run	
1500M Race Walk	
300M Run	
1500M Run	
4x800M Relay (Final On Time)	
4x400M Relay (Final On Time)	

Please see "Track Information" and "Field Information" sections for additional details on events

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- Frosh events will compete first, except for in the Long Jump and Triple Jump, which will compete at the same time in parallel pits
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Track Information:

- The 55M Hurdles will compete before the High Jump
- Seeded heats will compete last

Field Information:

- Shot put will compete before the weight throw
- The High Jump will compete after the 55M Hurdles
- The first mark for all shot putters, weight throwers, long jumpers and triple jumpers will be recorded. All remaining marks must meet the standard set forth by the games committee. If the marks are less than the standard then the marks will not be measured
- Only pole vaulters who have completed the required amount of clinics (2) may compete in the competition

Award Information:

- Medals will be awarded to the top 6 finishers in all events
- All events will receive a team score
- Team scoring will be conducted on a 10- 6-4-3-2-1 points system
- Championship plaques will be awarded to the top 3 teams

**ALL COACHES MUST REGISTER AND ENTER THEIR ATHLETES FOR THE MEET
AT <https://ny.milesplit.com/>.**

ENTRIES WILL BE CLOSED AT 5PM THE DAY BEFORE THE MEET.