



## Jim McKay Games

Boys

December 4, 2022 at 8:00am

**ARMORY TRACK & FIELD CENTER**

Coaches Meeting will be held at 8:45am; Clerking begins at 8:45am;  
Pole Vault Clinic begins at 8:45am

8:30am first field event; 8:50am first running event

### ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
55M Hurdles (Trials; Top 8)	Shot Put
55M Hurdles (Finals)	Weight Throw
300M Dash (Trials; Top 6)	Triple Jump
1000M Run	Long Jump
600M Run	Pole Vault
300M Dash (Finals)	High Jump
1600M Run	
4x400M Relay	
4x800M Relay (Final On Time)	

#### General Information:

- This meet is for 'Power Rated' teams (teams that scored points in the 2021-2022 PSAL City Championship). These teams are required to compete today and will not be able to compete in the "Team Challenge" on Saturday, December 3.
- Spikes will be allowed at this meet
- Athletes may compete in up to 2 events
- All events will be separated into two divisions, Varsity and freshman.
- All events will follow this order: Freshman then Varsity (if applicable)
- 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.

- This meet is mandated but may be included as one of a team's ten-meet PSAL requirement for the 2022-2023 Indoor Track & Field season
- 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; six must compete on the day of a PSAL meet.

#### Track Information:

- The 55M Hurdles Finals will be conducted directly after the trials
- The 55M Hurdles will compete before the High Jump

#### Field Information:

- The Long Jump will compete before the Triple Jump
- 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.
- Pole vault competition will take place after the clinic
- In the Pole Vault and High jump, Freshman and Varsity athletes will jump together
- Open pit- The triple jump and long jump will be run as open pits. When the event is called, ALL contestants for the event must sign-in, get their steps. No run-throughs into the pit are permitted. When the pit is closed, the Referee in conjunction with meet management will determine a "time for competition". It is the responsibility of the athlete to take his/her jumps during this time. The athlete must wear their assigned PSAL number and, in the case of the triple jump, tell the event judge which board they will be using. If finals are to be held in these events, the names of the finalists will announced before the finals are conducted.

#### Award Information:

- Medals will be awarded to the top (4) freshman finishers and top (5) varsity finishers
- Team scoring will be 10-8-6-4-2-1 in all varsity events. Team awards will be given to the top 3 teams

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



## Jim McKay Games

Girls

December 4 2022, at 12:00pm

**ARMORY TRACK & FIELD CENTER**

Coaches Meeting will be held at 12:45pm; Clerking begins at 12:55pm;  
Pole Vault Clinic begins at 12:45pm

### ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
55M Hurdles (Trials; Top 8)	Shot Put
55M Hurdles (Finals)	Weight Throw
1500M Race walk	Triple Jump
300M Dash (Trials; Top 6)	Long Jump
1000M Run	Pole Vault
600M Run	High Jump
300M Dash (Finals)	
1500M Run	
4x400M Relay	
4x800M Relay (Final On Time)	

#### General Information:

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- Spikes will be allowed at this meet
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- This meet is mandated but may be included as one of a team's ten-meet PSAL requirement for the 2022-2023 Indoor Track & Field season

- 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; six must compete on the day of a PSAL meet.

#### Track Information:

- The 55M Hurdles Finals will be conducted directly after the trials
- The 55M Hurdles will compete after the High Jump

#### Field Information:

- The Long Jump will compete before the Triple Jump
- The High Jump will compete before 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.
- Pole vault competition will take place after the clinic
- In the Pole Vault and High jump, Freshman and Varsity athletes will jump together
- Open pit- The triple jump and long jump will be run as open pits. When the event is called, ALL contestants for the event must sign- in, get their steps. No run-throughs into the pit are permitted. When the pit is closed, the Referee in conjunction with meet management will determine a “time for competition”. It is the responsibility of the athlete to take his/her jumps during this time. The athlete must wear their assigned PSAL number and, in the case of the triple jump, tell the event judge which board they will be using. If finals are to be held in these events, the names of the finalists will announced before the finals are conducted.

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- Team scoring will be 10-8-6-4-2-1 in all varsity events. Team awards will be given to the top 3 teams

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