



## Indoor Track Holiday Games

Girls

December 27, 2022 at 8:00am

**ARMORY TRACK & FIELD CENTER**

Coaches Meeting will be held at 8:30am; Clerking begins at 8:45 am;

Pole Vault Clinic begins at 8:50 am

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

### ORDER OF EVENTS

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

#### General Information:

- Spikes will be allowed at this meet
- Athletes may compete in up to 3 events
- All events will be separated into two divisions, Varsity (which includes all sophomores, juniors and seniors) and freshman.
- 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 NOT 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 is to compete before the High Jump
- All events will follow this order: Freshman then Varsity
- Seeded heats will compete first

#### Field Information:

- The Freshman and Varsity High Jump competition will be held at the same time
- The High Jump will be competed 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.

#### Award Information:

- Medals will be awarded to the top 6 finishers in all events
- There will be no team scoring conducted today

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



## Holiday Classic

### Boys

December 27, 2022 at 12:00pm

ARMORY TRACK & FIELD CENTER

Coaches Meeting will be held at 12:30pm; Clerking begins at 12:45pm;  
Pole Vault Clinic begins at 12:50pm

### ORDER OF EVENTS

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

#### General Information:

- Spikes will be allowed at this meet
- Athletes may compete in up to 3 events
- All events will be separated into two divisions, Varsity (which includes all sophomores, juniors and seniors) and freshman.
- 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 NOT 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 is to compete after the High Jump
- All events will follow this order: Freshman then Varsity
- Seeded heats will compete first

Field Information:

- The Freshman and Varsity High Jump competition will be held at the same time
- The High Jump will be competed 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.

Award Information:

- Medals will be awarded to the top 6 finishers in all events
- There will be no team scoring conducted today

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