

PSAL Outdoor Track Spring Series – 2022-23

The Spring Series schedule has been prepared so that other **competitive events** are not going on at the same time on the track.

Spring series are developmental in nature. While not mandated, they may be used to meet the outdoor track ten meet requirements.

A school may attend any meet in any borough – however, keep in mind that these meets begin promptly at 4:15 p.m.

Performances at these events are recorded by PSAL officials and may be entered as a city championship qualifying performance. It is imperative, therefore, that PSAL assigned numbers be worn by all competitors. Athletes are limited to two events.

Incident weather decisions will be posted on the PSAL web site no later than 1 p.m.

Listed below are the orders of events. At least three competitors must be checked in to conduct an event.

Schedule (A) – Spring Series 1, 3, and 5	Schedule (B) – Spring Series 2, 4 and 6
Steeplechase	Steeplechase
100/110m hurdles	100/110m hurdles
3000/3200m.	400 IH.
100m	1500/1600m.
800m.	400m.
4x400m.	4x100m.
200m	200m
4x800m	4x800m.
Race- walk	Race-walk
Triple jump followed by the Long Jump	Long jump followed by the Triple Jump
High jump	High jump
Shot put	Shot put
Discus	Discus
Pole vault	Pole vault

- All running events are finals.
- Horizontal jumps will take three trials.
- Shot and discus competitors will take three throws.
- HJ/PV starting heights to be determined by event official

Complete Results will be available at <http://www.PSAL.org/>

For additional information on mass transit: WWW.MTA.NYC - TRIP PLANNER