



Outdoor Track & Field Frosh/Soph Championships

Boys

Coaches Meeting will be held at 8:30am; Clerking will begin at 8:35am;

Field & Track events begin at 8:45am

ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
3000M Steeplechase	High Jump
400M Intermediate Hurdles	Triple Jump
4x100M Relay	Long Jump
3000M Run	Shot Put
110M HH Trials (Top 8 to finals)	Discus
100M Dash Trials (Top 8 to Finals)	Pole Vault
800M Run	Javelin
110M HH Finals	
100M Dash Finals	
1600M Race-Walk	
400M Dash	
1500M Run	
200M Dash	
4x800M Relay	
4x400M Relay	

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

General Information:

- Athletes may compete in up to 2 events
- All events will compete with Freshman and Sophomore sections
- Freshman will compete before sophomore in all sections
- 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 and may be included as one of a team's ten-meet PSAL requirement for the Outdoor 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 12 athletes on roster; six must compete on the day of a PSAL meet

Track Information:

- **100M High Hurdles** will compete before the **100M Dash**
- Seeded heats will compete last

Field Information:

- The **javelin** will compete after the **discus**
- The **shot put** will compete after the **javelin**
- The **triple jump** will compete after the **long jump**
- The event judge will determine the minimum mark in all field events.
- **Long Jump, Triple Jump, Discus, and Shot Put** athletes will get three attempts. Final scoring will be determined by the best of the 3 attempts
- All marks will be measured

Award Information:

- Medals will be awarded to the top 6 finishers in all events
- Team scoring will be in effect on a 10-8-6-4-2-1 scoring system
- The top 3 teams will receive awards



Outdoor Track & Field Frosh/Soph Championships

Girls

Coaches Meeting will be held at 12:30pm; Clerking will begin at 12:35pm;

Field & Track events begin at 12:45pm

ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
2000M Steeplechase	High Jump
400M Intermediate Hurdles	Triple Jump
4x100M Relay	Long Jump
3000M Run	Shot Put
100M HH Trials (Top 8 to finals)	Discus
100M Dash Trials (Top 8 to Finals)	Pole Vault
800M Run	Javelin
100M HH Finals	
100M Dash Finals	
1500M Race-Walk	
400M Dash	
1500M Run	
200M Dash	
4x800M Relay	
4x400M Relay	

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

General Information:

- Athletes may compete in up to 2 events
- All events will compete with Freshman and Sophomore sections
- Freshman will compete before sophomore in all sections
- 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 and may be included as one of a team's ten-meet PSAL requirement for the Outdoor 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 12 athletes on roster; six must compete on the day of a PSAL meet

Track Information:

- **100M High Hurdles** will compete before the **100M Dash**
- Seeded heats will compete last

Field Information:

- The **javelin** will compete after the **discus**
- The **triple jump** will compete after the **long jump**
- The event judge will determine the minimum mark in all field events.
- **Long Jump, Triple Jump, Discus, and Shot Put** athletes will get three attempts. Final scoring will be determined by the best of the 3 attempts
- All marks will be measured

Award Information:

- Medals will be awarded to the top 6 finishers in all events
- Team scoring will be in effect on a 10-8-6-4-2-1 scoring system
- The top 3 teams will receive awards