



## Outdoor Track & Field Day of Weights

Boys & Girls

April 15, 2025, at 8:30 am

ICAHN STADIUM (RANDALL'S ISLAND)

Coaches Meeting will be held at 8:50am; Clerking begins at 9:00am;  
Field events begins at 9:30am; Track events begin at 10:00am

### ORDER OF EVENTS

<u>Track</u>	<u>Field (Girls) Two athletes per school for the multi-event</u>	<u>Field (Boys) Two athletes per school for the multi-event</u>
2000M Steeplechase (Girls and Freshman Boys)	Javelin	Discus
3000M Steeplechase(Varsity Boys)	Discus	Javelin
	Shot Put	Shot Put
400M Intermediate Hurdles (Girls/Boys)		
100 Hurdles (Girls)		
110 Hurdles (Boys)		
800M Run (Girls/Boys)		

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

### General Information:

- A day at the weights is a multi-event scoring competition. Athletes must compete in three field events. Points are awarded based on performances in each event from I.A.A.F. tables. **Two athletes per gender per school for the multi-event**
- All events will compete with Freshman and Varsity sections.
- Freshman sections will compete first, followed Varsity 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 NOT mandated but 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 6 athletes on roster; six must compete on the day of a PSAL meet

Track & Field Information:

- The PSAL will provide implements. Athletes using their own must have them weighed in at 9:00am
- Seeded heats will compete first

Award Information:

- Medals will be awarded to the top 6 finishers in all events

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

**ENTRIES WILL CLOSE THURSDAY APRIL 10th 2025 AT 12:00PM**