



## Outdoor Track & Field Frosh/Soph Championships

### Boys

Coaches Meeting will be held at 8:15am; Clerking will begin at 8:20am;

Field & Track events begin at 8:25am

#### 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 6 to finals)	Pole Vault
100M Dash Trials (Top 6 to Finals)	
800M Run	
110M HH Finals	
100M Dash Finals	
400M Dash	
1600M 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.
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- 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 triple jump will compete after the long jump
- The event judge will determine the minimum mark in all field events.
- Long Jump, Triple Jump, and Shot Put athletes will get three attempts. Final scoring will be determined by the best of the 3 attempts

#### 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 1:00pm; Clerking will begin at 1:15pm;

Field & Track events begin at 1:20pm

#### 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)	Pole Vault
100M Dash Trials (Top 8 to Finals)	
800M Run	
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*

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Track Information:

- 100M High Hurdles will compete before the 100M Dash
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Field Information:

- 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, and Shot Put athletes will get three attempts. Final scoring will be determined by the best of the 3 attempts

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