



Outdoor Track & Field City Championships

Boys & Girls

Coaches Meeting will be held at 8:30AM; Field events begin at 8:40am; Clerking for track events begin at 9:15am

ORDER OF EVENTS

<u>Track</u>	<u>Field</u>
200M Dash Trials (Top 8 to Finals)	Javelin
Steeplechase(Girls-2000M;Boys-3000M)	Discus
400M Intermediate Hurdles	Shot Put
4x100M Relay Trials (Top 8 to Finals)	Pole Vault
400M Dash	Long Jump
3000M Run (Girls)	High Jump
3200M Run (Boys)	Triple Jump
800M Run	
100M HH Trials (Girls; Top 8 to finals)	
110M HH Trials(Boys; Top 8 to finals)	
100M Dash Trials (Top 8 to Finals)	
1500M Run (Girls)	
1600M Run (Boys)	
110M HH Finals (Boys)	
100M HH Finals (Girls)	
100M Dash Finals	
1500M Race-Walk (Girls)	
200M Dash Finals	
4x800M Relay	
4x100M Relay	
4x400M Relay	

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

General Information:

- Athletes may compete in up to 3 events.
- All events will only compete in the Varsity section
- If boys and girls are competing at the same time, girls events will be conducted first
- 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.

Track Information:

- Unless stated otherwise, girls will compete before boys in all track events.
- Seeded heats will compete last.

Field Information:

- Please note that all times listed below are only estimates.
- The **girls and boys javelin** will both begin at 8:40am
- The **girls shot put** will begin at the completion of the javelin, followed by the **boys shot put**
- The **boys discus** will begin at the completion of the shot put, followed by the **girls discus**
- The **girls pole vault** will begin at 10:15am, followed by the **boys pole vault**
- The **long jump** competitions will begin at 10:15am
- The **girls high jump** will begin at 10:15am, followed by the **boys high jump.**
- The **triple jump** competitions will begin after the completion of the **boys high jump**
- **Shot Put, Discus, Long Jump and Triple Jump:** The competitions will all consist of (3) attempts. The top (7) will advance to a final consisting of (3) additional attempts. The best mark among ALL attempts will be used to determine the final placement.

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.