PSAL Girls Frosh/Soph Championships Icahn Stadium

May 27th, 2013 2:00 p.m.

**Running Events - will begin at 2:00 pm - Girls**

2000M Steeplechase
400M IH
4x100M Relay
3000M Run
100M HH - 8 fastest to the final
100M Dash - 8 fastest to the final
800M Run
100M HH Finals
100M Dash Finals
1500M Race walk
400M Dash
1500M Run
200M Dash
4x800M Relay
4x400M Relay

**Field Events**

At 1:30 pm a s**coring**javelin will be held, frosh followed by sophomore athletes.
At the conclusion of the javelin the discus, shot put and high jump will begin.
Frosh Discus, Soph Shot Put, Followed by Soph Discus, Frosh Shot
High Jump- Frosh, Soph together

2:30 pm - Pole Vault-Frosh, Soph together
Long Jump - Frosh, Soph - Open Pit – 2:00 pm - 3:30 pm
Triple Jump-Frosh, Soph. Open Pit - 4:00 pm - 5:30 pm

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| * Assigned PSAL competitor numbers must be worn by all athletes.
* Check-In cards are required for all events and must contain the athlete’s assigned PSAL competitor number.
* Relay cards require the competitor number for all team members.
* A mandatory coaches meeting will be held 30 minutes prior to the start of the meet.
* Clerking/check-in begins 15 minutes prior to the first event.
* The opening height in the High Jump and Pole Vault will be determined by the Event Judge.
* An athlete may compete in any ***three*** events.
* In the shot-put, long jump and triple jump, athletes will receive three trial attempts. The top seven competitors will return for the final. Open pits will be used in the horizontal jumps.
* Seeded heats will run last.
* Six places will be scored: 10-8-6-4-2-1.
* Medals will be awarded to the six scoring places.
* Team plaques will be awarded to the top three teams in each division.
* In running events Freshman will run first, followed by Sophomores
* FAT (Fully automatic timing) will be used in all running events.
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