**PSAL Borough Championships**

**May 7th, 2013 4:00 p.m. Bayside H.S.**

Order of Events

Running Events   
\*Steeplechase (2000M Girls, 3000M Boys)   
400M IH-Final   
4x100M Relay-Final   
3000M Run (G)   
3200M Run (B)   
100M HH (G) 6 fastest to Final   
110M HH (B) 6 Fastest to Final   
100M Dash Trials   
800M Run   
100M Dash Semi-Finals   
110M HH Finals (B)   
100M HH Finals (G)   
100M Dash Finals   
1500M Race-walk (G)   
400M Dash-Final   
1500M Run (G)   
1600M Run (B)   
200M Dash-Final   
4x800M Relay   
4x400M Relay

Field Events   
High jump, \*Discus, Long jump, Triple jump, \*Shot put, Pole vault, \*Multi-event, \* Javelin. 

\*If available at the Borough site. If not, athletes will be required to compete on a different day. Check meet information for the dates and locations of these events. The three event rule must include these events.

- 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. Open pits will be used in the horizontal jumps. The top seven competitors will return for the final.

- 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 finishers.

- If Boys and girls are competing at the same site on the same day, boys events will be conducted first, girls second.

- Borough event winners automatically qualify for the City Championship. If your athlete/relay has won the borough championship and has meet the qualifying time he /she must they be entered electronically. If they have not qualified and wish to compete in that event in the city championship the coach must e-mail Commissioner Dwayne Burnett at [DBurnett@schools.nyc.gov](mailto:DBurnett@schools.nyc.gov) with that request. That request must be completed by the entry deadline.