**Girls - 2013 PSAL Outdoor Track & Field Season Opener**

**Sat. 3/23/13**

*by***Dwayne Burnett, Track and Field Coordinator**

Saturday, March 23, 2013- Icahn Stadium, Randall’s Island Manhattan   
  
This meet is open to all PSAL schools and will feature:   
Events that will have separate Freshman and Varsity divisions. Three events will also have sophomore competition. (4 x 100m relay, 400m run and long jump)

1. A pole vault clinic will be held during each session.
2. A multi event (Pentathlon) will be held during each session.
3. A Javelin competition will be held during each session.

**GIRLS-Meet Information- GIRLS**

1. This meet is mandated for all PSAL Outdoor Track & Field teams
2. Assigned PSAL numbers must be worn. New outdoor numbers will be distributed at this event.
3. Check in cards are required and must contain the PSAL number and meet category of the athlete ( Frosh, Soph or Varsity)
4. Fully automated timing (FAT) will be used. Hip numbers will be issued by the clerk.
5. High jump and pole vault competition will be conducted together and scored separately.
6. Frosh events will be held first followed by soph. (4 x 100m relay, 400m run and long jump) then Varsity.
7. Seeded sections will be run first.
8. Medals will be awarded to the first 5 places in all events.
9. Events in the multi event are the 100m.high hurdles, high jump, shot put, long jump and 800m run.
10. Pole vault clinic will start at 1:00 pm with competition to follow.
11. In the long jump, triple jump, shot put and discus athletes will get 3 attempts.
12. An open pit will be used in the long and triple jumps.
13. Athletes are limited to any two events.
14. In throwing events all throws may NOT be marked and recorded.

**Running Events**   
1:00pm - Coaches Meeting   
1:30 pm – Race-walk (Varsity only -2 heats max)  
Multi Event   
2000m Steeplechase with water   
4 x 100m relay- Final-frosh/soph and varsity competition   
400m Intermediate Hurdles-final on time   
400m run-final on time- frosh/soph and varsity competition   
1500m run   
200m dash – final on time   
4 X 800m relay

**Field Events**  
1:00 PM - Discus   
Shot put- starts at the completion of the discus   
High Jump   
Triple Jump   
Long Jump- frosh/soph and varsity competition   
Pole Vault- Javelin