**Sunday, April 28th, 2013**

**Track Meet**

**Bayside H.S. Athletic Field**
**32nd. Ave – Clearview Service Road South**
**Queens, N.Y.**

**Girls-Meet Information-Girls**

Athletes may compete in any 2 events
Assigned PSAL numbers must be worn
Check-in cards are required and must contain the PSAL number of each athlete
The PSAL Fully Automated Timing (FAT) system will be in use and hip numbers will be issued by the clerk as needed.Teams must supply their own batons.Seeded sections will run first. Pole vault and high jump competition will include all grades. Final results will be determined when the competition concludes. The event judge will determine opening heights.

The order of competition will be: Frosh-Soph.-Varsity. Races and flights may be combined as needed to move the meet along.Scoring will be six deep-10-8-6-4-2-1

**Pole Vault Clinic, Coaches Meeting - 9:15 am / Checking Begins 9:25 am**

**Running Events – 9:45 am
400M IH (Final)
4 x 100 m relay (Final)
2000m Steeplechase (No water)
100M H Trials -6 Fastest
1500m Racewalk
100M Dash Trials -6 Fastest
800M Run
100M H Finals
100M Dash Final
400M Run (Final)
1500M Run (Final)
200M Dash (Final)
4X800M Relay
4X400M Relay

Field Events - 10:00 am
High Jump
Shot Put -3 Throws
Long Jump - open pit – 10:30 am - 11:00 am – 3 jumps
Pole vault - 11:00 am
Triple Jump-open pit - to follow long jump – 3 jumps**

**Boys-Meet Information-Boys**

**Pole Vault Clinic, Coaches Meeting - 2:00 pm / Checking Begins 2:15 pm**

**Running Events – 2:30pm**
400M IH (Final)
4 x 100 m relay (Final)
3000m Steeplechase (No water) 2000M –(Frosh)
110M HH Trials -6 Fastest
100M Dash Trials -6 Fastest
800M Run
110M HH Finals
100M Dash Final
400M Run (Final)
1600M Run (Final)
200M Dash (Final)
4X800M Relay
4X400M Relay

**Field Events - 2:00 pm**
High Jump
Shot Put -3 Throws
Long Jump - open pit – 2:30 pm - 4:00 pm – 3 jumps
Pole vault - 3:00 pm
Triple Jump-open pit - to follow long jump – 3 jumps
Complete results will be available on PSAL.ORG the night of the meet