**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