



PUBLIC SCHOOL ATHLETIC LEAGUE
PRESENTS THE
SPRING 2009
SEASON OPENER
Saturday March 21st, 2009

AT ICAHN STADIUM ON RANDALL'S ISLAND

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)
- A pole vault clinic will be held during each session.
- A multi event (Pentathlon) will be held during each session.
- A Javelin clinic and competition will be held during each session.

This meet is open to all PSAL schools and will feature:

*** A split day format with boys in the morning and girls in the afternoon**

- This meet is mandated for all PSAL Outdoor Track & Field teams
- Assigned PSAL numbers must be worn. New outdoor numbers will be distributed at this event.
- Check in cards are required and must contain the PSAL number and meet category of the athlete (Frosh, Soph or Varsity)
- Fully automated timing (FAT) will be used. Hip numbers will be issued by the clerk.
- High jump and pole vault competition will be conducted together and scored separately.
- Frosh events will be held first followed by soph.(4 X 100M relay, 400M and Long Jump) then Varsity.
- Seeded sections will be run first.
- Medals will be awarded to the first 5 places in all events.
- Events in the multi event are the 110m.high hurdles, high jump, shot put, long jump and 1500m run.
- Pole vault clinic will start at beginning with competition to follow.
- A javelin clinic will start at the completion of the discus, followed by a competition. Athletes will get 3 attempts.
- In the long jump, triple jump, shot put and discus athletes will get 3 attempts.
- An open pit will be used in the long and triple jumps.
- Athletes are limited to any two events. (javelin may be a third event)
- In throwing events all throws may NOT be marked and recorded.

Order Of Events

RUNNING EVENTS:

Men's Events Begin at 8:30am

- 3000M. Steeplechase with water
- 4 X 100M. Relay - *varsity, sophomore and freshman competition.*
- 400M. Inter. Hurdles-
- 400M. Run-final on time - *varsity, sophomore and freshman competition.*
- 1600M. Run
- 200 m dash -
- 4 X 800M. relay

Women's Events Begin at 12:00pm

- 2000M. Steeplechase with water
- 4 X 100M. Relay- *Final-varsity, sophomore and freshman competition.*
- ~~400M. Inter. Hurdles~~ *final on time*
- 400M. Run-final on time - *varsity, sophomore and freshman competition.*
- 1500M. Run
- 200 m dash - *final on time.*
- 4 X 800M. Relay

HIGH SCHOOL OF AMERICAN STUDIES TRACK TEAM

DIRECTIONS:



- To get to Randall's Island via **Public Transportation**, take the 4/5/6 train uptown to 125th Street. Exit the station and walk to the M35 Bus stop at the NW corner of 125th & Lexington Avenue. The Bus stops on Lexington Avenue next to the Duane Reade Pharmacy across the street from the McDonalds it heads downtown on Lexington. Take the M35 to Randall's Island, Aim to be on the bus leaving 125th & Lexington 30 minutes before the meet's start time.
- **Driving From the Bronx:** New York State Thruway (route 87) south to Tri-borough Bridge. When entering bridge stay to right and be ready for a sharp right turn towards Manhattan and Randall's Island. Pay toll and stay to the right. Follow signs for Randall's Island.
- **Driving From Queens:** Grand Central Parkway west to Tri-borough Bridge. After going over the bridge, and prior to paying the toll, stay to the right towards Manhattan and Randall's Island. Pay toll and stay to the right. Follow the signs for Randall's Island.
- **Driving From Manhattan:** FDR Drive to Tri-borough Bridge. Stay to the left on the bridge. Pay toll and follow signs, immediately to the left, towards Randall's Island OR 3rd Avenue north to 124th Street, take a right onto 124th. Follow signs to Tri-Borough Bridge. See above.

(Note: There is a toll entering the island and free when leaving the island by car.)

Attention Athletes:

- **All athletes must arrive in full uniform and bring their own water /beverage.**
- **Bring lunch and light healthy snacks.**
- **Also bring reading materials and inexpensive distractions.**
- **Captains & potential captains and team leaders should expect to arrive at ONE FULL HOUR before everyone and stay until the last races.**