

THE NEW YORK RELAYS
APRIL 15-16, 2011
ICAHN STADIUM AT RANDALL'S ISLAND

February 22, 2011

We are pleased to invite your school to the Seventh Annual New York Relays, on Friday and Saturday, April 15-16, 2011. The meet, which is open to all high school age athletes competing with their high school team, will be held at the Icahn Stadium. Icahn Stadium is located on Randall's Island, a 480 acre-park anchoring Manhattan, the Bronx and Queens. It is a class one IAAF certified track & field facility and the only one like it in the United States.

We have applied for a sanction by The National Federation of High Schools. Please read the information and entry sheet carefully. If you have any questions, please call me at the Icahn Stadium, (212)-860-1899 or E-mail Louis.Vazquez@parks.nyc.gov. Remember entries are due by Thursday, March 31, 2011. **Just a reminder, that once an entry is accepted, the entry fee should follow. The fee is an entry fee and not a participation fee.**

Please be aware of the following changes to the meet. The following events have been added to the meet:

Invitational Girls 100 Meter Hurdles
Invitational Boys 110 Meter Hurdles

Changes:

Boys & Girls High Jump Relay changed to the Individual Boys & Girls High Jump.

Eligibility – (New) **An athlete that is accepted and competes in an Individual Invitational event will be allowed a third event. All other athletes are only allowed two events.**
Freshmen may not run in sophomore events.

We look forward to seeing you at the Icahn Stadium.

Sincerely,

Louis J Vazquez
Meet Director
Icahn Stadium

Coaches Instruction Sheet

Entries

Due date is Thursday, March 31, 2011. **ONLY INVITATIONAL EVENTS AND A TEAM ROSTERS** must be submitted on line at www.directathletics.com and the hard copy entry must be faxed or mailed to Louis Vazquez, Icahn Stadium, 20 Randall's Island, New York, New York, 10035. Our fax number is 212-860-2486. **ALL ELIGIBLE ATHLETES MUST BE LISTED ON YOUR TEAMS ROSTER ON DIRECTATHLETICS THERE WILL BE NO EXCEPTIONS. NO ENTRIES WILL BE ACCEPTED THE DAY OF THE MEET.** Just a reminder, that once an entry is accepted, the entry fee should follow. The fee is an entry fee and not a participation fee.

Relays

All coaches who wish to have athletes considered for invitational relay events must enter on-line at www.directathletics.com. The following relays are considered invitational relays Boys' and Girls' 4 X 1600, Sprint Medley Relay. At this time you will not be required to enter the names of those athletes participating in the relays. To be considered for the event you must enter a seed time with seed notes. All other relays will be seeded the day of the meet.

Invitational Events

All coaches who wish to have athletes considered for invitational events must enter on-line at www.directathletics.com. The following events are considered invitational events; Boys' and Girls' 100m, 200m, 400m, 800m, 2000m Steeplechase (Girls Only), 3000m Steeplechase (Boys Only), Discus, Javelin, Decathlon (Boys' only), Heptathlon (Girls' Only). All other non-invitational events will be seeded the day of the meet.

All entries must be submitted with athletes full name, school, performance, performance date and meet location. Field sizes are listed below.

All acceptances will be listed on our web site at www.icahnstadium.org on Tuesday, April 12. If you have any questions, I can be reached at 212-860-1899 ext 305 or e-mail – Louis.Vazquez@parks.nyc.gov

100 Meter, 200 Meter and 100 Meter/110 Meter Hurdles - 24 athletes will be accepted, trials Friday/ Finals Saturday

400 Meter Dash – 8 athletes will be accepted

800 Meter Run, Decathlon, Discus, Heptathlon, Javelin – 8-12 athletes will be accepted.

Sprint Medley Relay – 8 teams will be accepted

4 x 1600 Meter Relay – 12- 18 teams will be accepted

Eligibility – (New)

An athlete that is accepted and competes in an Individual Invitational event will be allowed a third event. All other athletes are only allowed two events. Freshmen may not run in sophomore events.

Field Events

Boys Opening Heights

High Jump 5' 4"

Pole Vault 10'

Girls Opening Heights

High Jump 4'4"

Pole Vault 7'

In the shot put, long and triple jump: all the first jumps and throws will be measured. After that only those over a certain distance will be measured.

Awards

The top six in all individual events and relays will receive medals.

Plaques

The winning athletes and relay teams in the following events will receive a New York Relay Plaque: 100 Meter Dash, 100/110 Meter Hurdles, 200 Meter Dash, 400 Meter Dash, 800 Meter Run, 400 Meter Hurdles, Decathlon, Discus, Heptathlon, High Jump, Javelin, Pole Vault, Steeplechase, Shuttle Hurdle Relay, 400 meter relay, 6400 meter relay and Sprint Medley Relay

Hotels

The Marriot Hotel is the official hotel of Icahn Stadium. For hotel information, please go to www.icahnstadium.org and click on the link.

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All entries must be entered on-line. Invitational events only need seeds.

BOYS INDIVIDUAL EVENTS

- _____ 110 METER HURDLES**
- _____ 400 METER HURDLES
- _____ INVITATIONAL 100 METER DASH**
- _____ INVITATIONAL 200 METER DASH**
- _____ INVITATIONAL 400 METER DASH**
- _____ INVITATIONAL 800 METER RUN**
- _____ 3,200 METER RUN
- _____ 2,000 METER STEEPLECHASE
- _____ INVIT 3,000M STEEPLECHASE**
- _____ DECATHLON **
- _____ INVITATIONAL DISCUS**
- _____ HIGH JUMP
- _____ INVITATIONAL JAVELIN **
- _____ POLE VAULT

BOYS INVITATIONAL RELAYS

- _____ INVIT 4 x 1600 METER RELAY**
- _____ INVIT SPRINT MEDLEY RELAY**

** Limited number of athlete's and teams in each event. All invitational events must be enter with a seed times for those individuals and teams on www.directathletics.com.

BOYS FIELD EVENT RELAYS (2-person)

- _____ LONG JUMP
- _____ SHOT PUT
- _____ TRIPLE JUMP

BOYS RELAYS EVENTS

- _____ FRESHMEN 400 METER RELAY
- _____ FRESHMEN 1600 METER RELAY
- _____ FRESHMEN SPRINT MEDLEY RELAY
- _____ SOPHOMORE 400 METER RELAY
- _____ SOPHOMORE 1600 METER RELAY
- _____ SOPHOMORE SPRINT MEDLEY RELAY
- _____ VARSITY 400 METER RELAY
- _____ VARSITY 1600 METER RELAY
- _____ VARSITY 3200 METER RELAY
- _____ SHUTTLE HURDLE RELAY
- _____ VARSITY SPRINT MEDLEY RELAY

GIRLS INDIVIDUAL EVENTS

- _____ 100 METER HURDLES**
- _____ 400 METER HURDLES
- _____ INVITATIONAL 100 METER DASH**
- _____ INVITATIONAL 200 METER DASH**
- _____ INVITATIONAL 400 METER DASH**
- _____ INVITATIONAL 800 METER RUN**
- _____ 3,000 METER RUN
- _____ INVIT 2,000M STEEPLECHASE**
- _____ HEPTATHLON **
- _____ INVITATIONAL DISCUS**
- _____ HIGH JUMP
- _____ INVITATIONAL JAVELIN**
- _____ POLE VAULT

GIRLS INVITATIONAL RELAYS

- _____ INVIT 4 X 1600 METER RELAY**
- _____ INVIT SPRINT MEDLEY RELAY**

GIRLS FIELD EVENT RELAYS (2-person)

- _____ LONG JUMP
- _____ SHOT PUT
- _____ TRIPLE JUMP

GIRLS RELAYS EVENTS

- _____ FRESHMEN 400 METER RELAY
- _____ FRESHMEN 1600 METER RELAY
- _____ FRESHMEN SPRINT MEDLEY RELAY
- _____ SOPHOMORE 400 METER RELAY
- _____ SOPHOMORE 1600 METER RELAY
- _____ SOPHOMORE SPRINT MEDLEY RELAY
- _____ VARSITY 400 METER RELAY
- _____ VARSITY 1600 METER RELAY
- _____ VARSITY 3200 METER RELAY
- _____ VARSITY SHUTTLE HURDLE RELAY
- _____ VARSITY SPRINT MEDLEY RELAY

ENTRY FEE:

TOTAL # OF INDIVIDUALS _____ X \$6.00 _____
 TOTAL # OF FIELD RELAYS _____ X \$10.00 _____
 TOTAL # OF RELAYS _____ X \$20.00 _____
 TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$15.00

TOTAL # OF ATHLETES COMPETING _____

ENTRIES ARE DUE BY THURSDAY, MARCH 31, 2011. LATE ENTRIES ARE SUBJECT TO REJECTION. NO DAY OF THE MEET ENTRIES! JUST A REMINDER, THAT ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE SHOULD FOLLOW. THE FEE IS AND ENTRY FEE AND NOT A PARTICIPATION FEE.

MAKE CHECKS PAYABLE TO: The Randall's Island Sports Foundation

MAIL TO: ICAHN STADIUM
 C/O LOUIS J VAZQUEZ
 20 RANDALL'S ISLAND
 NEW YORK, NY 10035

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____ COACHES EMAIL _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

THE NEW YORK RELAYS

APRIL 15-16, 2011

ICAHN STADIUM AT RANDALL'S ISLAND

Friday, April 15, Field Events

- 4:15 Decathlon Long Jump
- 4:20 Heptathlon High Jump
- 4:30 Boys Individual Pole Vault
- 4:30 Invitational Girls Discus
- 5:30 Invitational Boys Discus
- 5:30 Decathlon Shot Put
- 5:50 Heptathlon Shot put
- 6:30 Decathlon High Jump

Friday, April 15, Running Events

- 3:40 Decathlon 100 Meter Dash
- 3:50 Heptathlon 100 Meter Hurdles
- 4:20 Invitational Girls 100 Meter Hurdles - Trials
- 4:30 Invitational Boys 110 Meter Hurdles - Trials
- 4:40 Girls 400 Meter Hurdles
- 5:00 Boys 400 Meter Hurdles
- 5:20 Invitational Girls 100 Meter Dash Trials
- 5:30 Invitational Boys 100 Meter Dash Trials
- 5:40 Girls 3000 Meter Run
- 6:05 Boys 3200 Meter Run
- 6:35 Invitational Girls 200 Meter Dash Trials
- 6:50 Invitational Boys 200 Meter Dash Trials
- 6:55 Boys 2,000 Meter Steeplechase
- 7:15 Girls Sprint Medley Relay
- 7:35 Boys Sprint Medley Relay
- 7:45 Heptathlon 200 Meter Dash
- 7:55 Decathlon 400 Meter Dash

Saturday, April 16 – Field Events

- 8:45 Heptathlon Long Jump
- 9:00 Girls Individual Pole Vault
- 9:15 Girls High Jump Relay
- 9:15 Boys Shot Put Relay
- 9:20 Decathlon Discus
- 9:30 Boys Long Jump Relay
- 9:30 Girls Long Jump Relay
- 10:00 Heptathlon Javelin
- 10:45 Decathlon Pole Vault
- 12:00 Decathlon Javelin
- Invitational Boys Javelin to Follow Decathlon Javelin
- Invitational Girls Javelin to Follow Boys Invitational Javelin
- 1:30 Girls Shot Put Relay
- 1:30 Boys High Jump Relay
- 2:00 Boys Triple Jump Relay
- 2:00 Girls Triple Jump Relay

Saturday, April 16 - Running Events

- 8:45 Decathlon 110 Meter High Hurdles
- 9:00 Varsity Boys Shuttle Hurdle Relay (4 person relay)
- 9:20 Varsity Girls Shuttle Hurdle Relay (4 person relay)
- 9:40 Freshmen Girls 1600 Meter Relay
- 10:00 Freshmen Boys 1600 Meter Relay
- 10:25 Sophomore Girls 1600 Meter Relay
- 10:45 Sophomore Boys 1600 Meter Relay
- 11:00 Heptathlon 800 Meter Run
- 11:05 Varsity Girls 400 Meter Relay - Trials
- 11:30 Varsity Boys 400 Meter Relay - Trials
- 11:55 Invitational Girls 2,000 Meter Steeplechase
- 12:10 Invitational Boys 3,000 Meter Steeplechase
- 12:25 Invitational Boys 100 Meter Dash Final
- 12:30 Invitational Girls 100 Meter Dash Final
- 12:35 Invitational Boys 4 x 1600 Meter Relay
- 1:00 Invitational Girls 100 Meter Hurdles Final
- 1:05 Invitational Boys 110 Meter Hurdles Final
- 1:10 Invitational Girls 400 Meter Dash
- 1:15 Invitational Boys Sprint Medley Relay (400-200-200-800)
- 1:20 Decathlon 1500 Meter Run
- 1:30 Opening Ceremony and National Anthem
- 1:35 Invitational Girls 800 Meter Run
- 1:40 Invitational Boys 800 Meter Run
- 1:45 Varsity Girls 400 Meter Relay - Final
- 1:50 Varsity Boys 400 Meter Relay – Final
- 1:55 Invitational Boys 400 Meter Dash
- 2:00 Invitational Girls 4 x 1600 Meter Relay
- 2:30 Invitational Girls Sprint Medley Relay (400-200-200-800)
- 2:35 Invitational Boys 200 Meter Dash – Final
- 2:40 Invitational Girls 200 Meter Dash - Final
- 2:45 Freshmen Girls 400 Meter Relay – Final on time
- 3:00 Freshmen Boys 400 Meter Relay – Final on time
- 3:15 Sophomore Boys 400 Meter Relay – Final on time
- 3:25 Sophomore Girls 400 Meter Relay – Final on time
- 3:50 Varsity Boys 1600 Meter Relay – Final on time
- 4:20 Varsity Girls 1600 Meter Relay – Final on time
- 4:50 Freshmen Girls Sprint Medley Relay (400-200-200-800) – Final on Time
- 5:15 Freshmen Boys Sprint Medley Relay (400-200-200-800) – Final on Time
- 5:40 Sophomore Girls Sprint Medley Relay (400-200-200-800) – Final on Time
- 5:50 Sophomore Boys Sprint Medley Relay (400-200-200-800) – Final on Time
- 6:10 Varsity Girls 3200 Meter Relay
- 6:35 Varsity Boys 3200 Meter Relay