

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