

Coaches Instruction Sheet

Entries Due date is Monday, May 2, 2011. **a) ALL TEAM ROSTER WITH BIRTH DATES** must be submitted on line at www.directathletics.com and **b)** a hard copy entry (found below) 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. **All entry fee's must be paid the day of the meet; checks or money orders only.**

Relays **All relay teams must contain athletes from the same track club.** Athletes should all be in the same age group. Coaches will be asked to submit relay cards for all teams who will be running.

Batons The meet will provide batons at the start of each race.

Running Events **All events are final on time.**

Spikes **¼" pyramid spikes only.**

Eligibility An athlete may compete in any **two events.**

Numbers All athletes must wear the correct competition number in order to compete.

Accepted Teams **Accepted teams will be posted on www.icahnstadium.org two days prior to the meet.**

Awards The top three in all events will receive medals in each age division.

Hotels **Marriot is the official hotel of Icahn Stadium.**

Upper East Side Courtyard Marriot	212-410-6777	2.9 miles - \$ 149.00
LaGuardia Marriot	718-446-4800	6.3 miles - \$129.00
Teaneck/Glenpointe Marriott	201-836-0600	9.9 miles - \$119.00
Westchester Marriot	914-631-2200	22.3 miles - \$119.00
For reservations please contact Shannon Darlington 646-228-6048		
Courtyard by Marriot LGA Airport	718-308-4743	4.9 miles - \$119.00
For reservations please contact Carla Garbie-Gracie 718-308-4743		

Field Event In the discus and triple jump; all athletes will be permitted three jumps and/or throws. Limited number of implements will be provided **Athletes are encouraged to bring their own implements.**

Implement and Hurdle Heights

Youth Weights and Heights	80/100/110HH	200IM	400IM	Shot Put	Turbo Jav	Discus	Javelin	Hammer
Sub-Bantam Boys and Girls				2K				
Bantam Boys and Girls				6lb	300 gram	1K		
Midget Boys and Girls	30"			6lb	300 gram	1K		
Youth Boys	33"	30"		4K		1K	600 Gram	
Youth Girls	30"	30"		6lb		1K	600 Gram	
Intermediate Boys	39"		36"	12lb		1.6K	800 Gram	12lb
Intermediate Girls	33"		30"	4K		1K	600 Gram	4K
Young Men	39"		36"	12lb		1.6K	800 Gram	12lb
Young Women	33"		30"	4K		1K	600 Gram	4K

Saturday, May 7, 2011
Randall's Island Sports Foundation – Youth Challenge Series
 Icahn Stadium – 9:00AM
TEAM Entry Form

	Total Boys Entries	Total Girls Entries
Individual Events		
Event		
100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
800M (Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
3000M (Midget, Youth, Intermediate*, & Young*)	_____	_____
80/100/110m HH (Midget, Youth, Intermediate*, & Young*)	_____	_____
Relay Events		
Event		
4x200m (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
4x400M Relay (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
Field Events		
Event		
High Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
Triple Jump (Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
Discus (Midget, Youth, Intermediate*, & Young*)	_____	_____
*Only permitted if they are not currently competing on a High School Team		

ENTRY FEE:

TOTAL # OF ENTRIES _____ X \$5.00 _____
 TOTAL # OF RELAYS _____ X \$20.00 _____
 TOTAL ENTRY FEE _____

TOTAL # OF ATHLETES COMPETING _____

ALL TEAMS MUST SUBMIT ROSTERS ON www.directathletics.com TO COMPLETE YOUR ENTRY. ADDITIONAL DIRECTIONS CAN BE FOUND BY VISITING WWW.ICAHNSTADIUM.ORG.

ENTRIES ARE DUE BY MONDAY, May 2, 2011. LATE ENTRIES ARE SUBJECT TO REJECTION. **NO DAY OF THE MEET ENTRIES!** REMINDER, ONCE AN ENTRY IS ACCEPTED, THE ENTRY FEE SHOULD FOLLOW. THE FEE IS AN ENTRY FEE AND NOT A PARTICIPATION FEE. **All entry fee's MUST be paid before the start of the meet.**

Check or Money Order Only – No Cash! MAKE CHECKS PAYABLE TO: The Randall's Island Sports Foundation
 Mail Entry and Payment to: ICAHN STADIUM
 C/O LOUIS J VAZQUEZ
 20 RANDALL'S ISLAND
 NEW YORK, NY 10035

Team Name: _____
 Address: _____
 City _____ State _____ Zip _____

Head Coach: _____
 Coach's Phone: _____
 Coach's Email _____

Saturday, May 7, 2011
Randall's Island Sports Foundation – Youth Challenge Series
 Icahn Stadium – 9:00AM
INDIVIDUAL Entry Form

	Total Boys Entries	Total Girls Entries
Individual Events		
Event		
100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
800M (Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
3000M (Midget, Youth, Intermediate*, & Young*)	_____	_____
80/100/110m HH (Midget, Youth, Intermediate*, & Young*)	_____	_____
Relay Events		
Event		
4x200M Relay (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
4x400M Relay (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
Field Events		
Event		
High Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	_____	_____
Triple Jump (Youth, Intermediate*, & Young*)	_____	_____
Discus (Midget, Youth, Intermediate*, & Young*)	_____	_____
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ENTRY FEE:

TOTAL # OF ENTRIES _____ X \$5.00 _____

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Mail Entry and Payment to: ICAHN STADIUM
 C/O LOUIS J VAZQUEZ
 20 RANDALL'S ISLAND
 NEW YORK, NY 10035

ATHLETE # 1 _____ DATE OF BIRTH: _____

ATHLETE # 2 _____ DATE OF BIRTH: _____

ATHLETE # 3 _____ DATE OF BIRTH: _____

ADDRESS: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____ @ _____ . _____

Saturday, May 7, 2011 – Youth Challenge Series
ICAHN STADIUM AT RANDALL'S ISLAND
 Schedule of Events

9:00AM	Girls 80/100/110m HH (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
	Boys 80/100/110m HH (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
	Girls 800M (Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys 800M (Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Girls 4x200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys 4x200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Girls 3000M (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
	Boys 3000M (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
	Girls 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Girls 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
9:00AM	Girls Triple Jump (Youth, Intermediate*, & Young*)	Youth	Final
9:00AM	Boys Triple Jump (Youth, Intermediate*, & Young*)	Youth	Final
9:00AM	Girls Discus (Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys Discus (Midget, Youth, & Intermediate*, Young*)	Youth	Final
9:00AM	Girls High Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
	Boys High Jump (Sub-Bantam, Bantam, Midget, Youth, & Intermediate*, Young*)	Youth	Final

***Only permitted if they are not currently competing on a High School Team**


Randall's Island

