

## Coaches Instruction Sheet

- Entries**                    **Due date is Monday, June 20, 2011. NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE**  
**a) ALL TEAM ROSTERS WITH BIRTH DATES** must be submitted on line at [www.directathletics.com](http://www.directathletics.com)  
**b) The entry form** (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](http://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 shot put, long jump: all athletes will be permitted three jumps and/or throws. **Athletes are expected 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
<b>Sub-Bantam Boys and Girls</b>				2K				
<b>Bantam Boys and Girls</b>				6lb	300 gram	1K		
<b>Midget Boys and Girls</b>	30"			6lb	300 gram	1K		
<b>Youth Boys</b>	33"	30"		4K		1K	600 Gram	
<b>Youth Girls</b>	30"	30"		6lb		1K	600 Gram	
<b>Intermediate Boys</b>	39"		36"	12lb		1.6K	800 Gram	12lb
<b>Intermediate Girls</b>	33"		30"	4K		1K	600 Gram	4K
<b>Young Men</b>	39"		36"	12lb		1.6K	800 Gram	12lb
<b>Young Women</b>	33"		30"	4K		1K	600 Gram	4K

# Northeast Youth Invitational

SATURDAY, June 25, 2011

## Randall's Island Sports Foundation – Youth Challenge Series

Icahn Stadium – Start Time 9am

### Entry Form

	Total Boys Entries	Total Girls Entries
<b>Individual Events</b>		
Girls 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 800M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 800M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 1500M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 1500M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 3000M (Midget, Youth, Intermediate, & Young Only)	_____	_____
Boys 3000M (Midget, Youth, Intermediate, & Young Only)	_____	_____
Girls 80/100/110m HH (Midget, Youth, Intermediate, & Young Only)	_____	_____
Boys 80/100/110m HH (Midget, Youth, Intermediate, & Young Only)	_____	_____
Girls 200/400m IM (Youth, Intermediate, & Young Only)	_____	_____
Boys 200/400m IM (Youth, Intermediate, & Young Only)	_____	_____
Girls 2000M Steeple (Intermediate, & Young Only)	_____	_____
Boys 2000M Steeple (Intermediate, & Young Only)	_____	_____
<b>Relay Events</b>		
Girls 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
<b>Field Events</b>		
Girls Shot Put (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys Shot Put (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls Discus (Midget, Youth, Intermediate, & Young)	_____	_____
Boys Discus (Midget, Youth, & Intermediate, Young)	_____	_____
Girls Javelin (Midget, Youth, Intermediate, & Young)	_____	_____
Boys Javelin (Midget, Youth, & Intermediate, Young)	_____	_____
Girls Turbo Jav (Sub-Bantam, Bantam)	_____	_____
Boys Turbo Jav (Sub-Bantam, Bantam)	_____	_____
Girls Triple Jump (Youth, Intermediate, & Young)	_____	_____
Boys Triple Jump (Youth, Intermediate, & Young)	_____	_____
Girls Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Girls High Jump (Bantam, Midget, Youth, Intermediate, & Young)	_____	_____
Boys High Jump (Bantam, Midget, Youth, & Intermediate, Young)	_____	_____



**SATURDAY, June 25, 2011**  
**ICAHN STADIUM AT RANDALL'S ISLAND**  
**Schedule of Events**

9:00am	Girls 200/400m IM (Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Boys 200/400m IM (Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Girls 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Girls 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Girls 1500M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 1500M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young)	Youth	<b>Final</b>
	Girls 80/100/110m HH (Midget, Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Boys 80/100/110m HH (Midget, Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Girls 200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Girls 2000M Steeple (Intermediate, & Young Only)	Youth	<b>Final</b>
	Boys 2000M Steeple (Intermediate, & Young Only)	Youth	<b>Final</b>
	Girls 800M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 800M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Girls 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Girls 3000M (Midget, Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Boys 3000M (Midget, Youth, Intermediate, & Young Only)	Youth	<b>Final</b>
	Girls 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
	Boys 4x400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
8:00am	Girls Hammer Throw (Intermediate & Young)	Youth	<b>Final</b>
Follows GHT	Boys Hammer Throw (Intermediate & Young)	Youth	<b>Final</b>
Follows BHT	Boys Discus (Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
Follows GDT	Girls Discus (Midget, Youth, & Intermediate, Young)	Youth	<b>Final</b>
9:00am	Girls Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
9:00am	Boys Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
Follows GLJ	Girls Triple Jump (Youth, Intermediate, & Young)	Youth	<b>Final</b>
Follows BLJ	Boys Triple Jump (Youth, Intermediate, & Young)	Youth	<b>Final</b>
9:00am	Girls High Jump (Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
9:00am	Boys High Jump (Bantam, Midget, Youth, & Intermediate, Young)	Youth	<b>Final</b>
9:00am	Girls Shot Put (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
Follows GSP	Boys Shot Put (Sub-Bantam, Bantam, Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
11:00am	Girls Pole Vault Invitational (Youth, Intermediate, & Young)	Youth	<b>Final</b>
11:00am	Boys Pole Vault Invitational (Youth, & Intermediate, Young)	Youth	<b>Final</b>
9:00am	Girls Javelin (Midget, Youth, Intermediate, & Young)	Youth	<b>Final</b>
Follows GTJ	Boys Javelin (Midget, Youth, & Intermediate, Young)	Youth	<b>Final</b>
9:00am	Boys Turbo Jav (Sub-Bantam, Bantam)	Youth	<b>Final</b>
Follows GTur	Girls Turbo Jav (Sub-Bantam, Bantam)	Youth	<b>Final</b>