

Coaches Instruction Sheet

- Entries** Due date is Monday, April 11, 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 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
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

NEW YORK RELAYS-Youth Division
 Sunday, April 17, 2011
Randall's Island Sports Foundation – Youth Challenge Series
 Icahn Stadium – Start Time 9:00am
 Entry Form

**Total Boys
Entries**

**Total Girls
Entries**

Individual Events

Event

400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate* & Young*)

1600M (Midget, Youth, & , Intermediate* & Young*)

200M (Sub-Bantam, Bantam, Midget, ,Youth, Intermediate* & Young*)

Relay Events

Event

4x800m (Midget, Youth, & , Intermediate* & Young* ONLY)

4x100M Relay (Sub-Bantam, Bantam, Midget, Youth, Intermediate* & Young*)

4x400M Relay (Sub-Bantam, Bantam, Midget, Youth, Intermediate* & Young*)

Field Events

Event

Shot Put (Sub-Bantam, Bantam, Midget, Youth, & Intermediate* & Young*)

Long Jump (Sub-Bantam, Bantam, Midget, Youth, & Intermediate* & Young*)

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

RACES MAY BE COMBINED

ENTRY FEE:

TOTAL # OF INDIVIDUALS _____ 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, April 11, 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: _____

Head Coach: _____

Address: _____

Coach's Phone: _____

City _____ State _____ Zip _____

Coach's Email _____

ICAHN STADIUM AT RANDALL'S ISLAND PARK
THE NEW YORK RELAYS
SUNDAY, APRIL 17, 2011
SCHEDULE OF EVENTS

Girls 4x800m (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
Boys 4x800m (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
Girls 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Boys 4x100M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Girls 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Boys 400M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Girls 1600M (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
Boys 1600M (Midget, Youth, Intermediate*, & Young Only*)	Youth	Final
Girls 200M (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Boys 200M (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
Girls Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Boys Long Jump (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Girls Shot Put (Sub-Bantam, Bantam, Midget, Youth, Intermediate*, & Young*)	Youth	Final
Boys Shot Put (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



9th Annual New York Relays April 20-22, 2012