



THE NEW YORK RELAYS
APRIL 20-21, 2007
ICAHN STADIUM AT RANDALL'S ISLAND

March 10, 2007

We are pleased to invite your school to the Third Annual New York, on Saturday, April 20-21, 2007. 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 – Lou@Armorytrack.com. Remember entries are due by Friday, April 6, 2007. 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.

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 Friday, April 6, 2007. Our fax number is 212-860-2486. **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.
- Eligibility** An athlete may compete in any two events. Freshmen may not run in sophomore events.
- Relays** You do not have to seed your relays. Your relays will be seeded the day of the meet. Seeded sprint heats will be run in lane. All others may run off common start.

INVITATIONAL DECATHLON, DISCUS, HEPTATHLON, JAVELIN, BOYS POLE VAULT, SPRINT MEDLEY RELAY, AND STEEPLECHASE

For the Decathlon, Heptathlon, Javelin and Discus you must be e-mailed information to Joe Dombrowski at Jdombrowski@molloyhs.org. For the Boys Pole Vault, Sprint Medley Relay and Steeplechase you must e-mail information to Lou@armorytrack.com. Please e-mail the following information:

First, Last Name of each individual
School
Performance/Seed Time
Actual performance and where is was made

All acceptances will be listed on our web site at www.risf.org on Tuesday, April 17. If you have any questions, I can be reached at 212-860-1899 ext 101 or e-mail – Lou @armorytrack.com.

- Field Events**
- | | | | |
|-------------------------|-------|-----------------------|-------|
| Boys Opening Heights | | Girls Opening Heights | |
| High Jump | 5' 6" | High Jump | 4' 6" |
| Pole Vault | 10' | Pole Vault | 6' 6" |
| Invitational Pole Vault | 12' | | |
- 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:**
Decathlon, Discus, Heptathlon, Javelin, Boys Pole Vault, Steeplechase, Shuttle Hurdle Relay, 4 x 100 meter relay, 4 x 1600 meter relay and Sprint Medley Relay

- Hotels** **Glenpoint Marriott** is located in Teaneck, New Jersey. The room rate for the Armory Track and Field Center is \$109 plus sales tax. For reservations, please call Douglas Yamawaki, sales manager, directly at 201-928-2016.
New York LaGuardia Airport Marriot – The room rate for Ichan Stadium is \$129. Please call Justine Florian, sales manager at 718-533-3002

THE NEW YORK RELAYS

APRIL 21-22, 2007

ICAHN STADIUM AT RANDALL'S ISLAND

BOYS INDIVIDUAL EVENTS

_____ 400 METER HURDLES

GIRLS INDIVIDUAL EVENTS

_____ 400 METER HURDLES

____ 3,200 METER RUN
____ 2,000 METER STEEPLECHASE
____ **3,000 METER STEEPLECHASE***
____ **DECATHLON ****
____ **DISCUS****
____ **JAVELIN ****
____ **POLE VAULT****

*** Top 12-16 athletes accepted in this event**

BOYS CHAMPIONSHIP EVENT

____ VARSITY 4 x 1600 METER RELAY*
____ VARSITY SPRINT MEDLEY RELAY**

***Top 12 – 18 will be accepted in this event.**

BOYS FIELD EVENT RELAYS (2-person)

____ HIGH JUMP
____ LONG JUMP
____ POLE VAULT
____ 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

ENTRY FEE:

TOTAL # OF INDIVIDUALS _____ X \$5.00 _____
TOTAL # OF FIELD RELAYS _____ X \$8.00 _____
TOTAL # OF RELAYS _____ X \$16.00 _____
TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$10.00

TOTAL # OF ATHLETES COMPETING _____

ENTRIES ARE DUE BY FRIDAY, APRIL 6, 2007. 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 _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

____ 3,000 METER RUN
____ **2,000 METER STEEPLECHASE***
____ **HEPTATHLON ****
____ **DISCUS****
____ **JAVELIN****

**** Top 8 – 12 athletes accepted in this event**

GIRLS CHAMPIONSHIP RELAYS EVENT

____ VARSITY 4 X 1600 METER RELAY*
____ VARSITY SPRINT MEDLEY RELAY**

****Top 8 teams will be accepted in this event**

GIRLS FIELD EVENT RELAYS (2-person)

____ HIGH JUMP
____ LONG JUMP
____ POLE VAULT
____ 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

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Friday, April 21, Field Events

- 3:30 Decathlon 100 Meter Dash
- 3:40 Heptathlon 100 Meter Hurdles
- 4:15 Decathlon Long Jump
- 4:20 Heptathlon High Jump
- 4:30 Boys Pole Vault Relay**
- 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
- 7:00 Heptathlon 200 Meter Dash
- 7:35 Decathlon 400 Meter Dash

Friday, April 21, Running Events

- 4:30 Girls 400 Meter Hurdles
- 4:50 Boys 400 Meter Hurdles
- 5:10 Girls 3000 Meter Run
- 5:35 Boys 3200 Meter Run
- 6:10 Boys 2,000 Meter Steeplechase
- 6:30 Girls Sprint Medley Relay
- 6:50 Boys Sprint Medley Relay

Saturday, April 22 – Field Events

- 8:45 Heptathlon Long Jump
- 9:00 Girls Pole Vault Relay
- 9:30 Boys Long Jump Relay
- 9:30 Girls Long Jump Relay
- 9:15 Girls High Jump Relay
- 9:15 Boys Shot Put Relay
- 9:20 Decathlon Discus
- 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 Boys Invitational Pole Vault (opening height 12')
- 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 22 - 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 Girl's 2,000 Steeplechase
12:10 Invitational Boys 3,000 Steeplechase
12:25 Invitational Boys 4 x 1600 Meter Relay
12: 50 Invitational Boys Sprint Medley Relay (400-200-200-800)
12:55 Decathlon 1500 Meter Run
1:00 Opening Ceremony and National Anthem
1:15 Jessie Owens Track Club Relay
1:20 Varsity Girls 400 Meter Relay - Final
1:25 Varsity Boys 400 Meter Relay – Final
1:30 Varsity Girls 4 x 1600 Meter Relay
1:55 Invitational Girls Sprint Medley Relay (400-200-200-800)
2:00 Freshmen Girls 400 Meter Relay – Final on time
2:15 Freshmen Boys 400 Meter Relay – Final on time
2:35 Sophomore Boys 400 Meter Relay – Final on time
2:50 Sophomore Girls 400 Meter Relay – Final on time
3:10 Varsity Boys 1600 Meter Relay
3:40 Varsity Girls 1600 Meter Relay
4:05 Freshmen Girls Sprint Medley Relay (400-200-200-800)
4:25 Freshmen Boys Sprint Medley Relay (400-200-200-800)
4:45 Sophomore Girls Sprint Medley Relay (400-200-200-800)
5:05 Sophomore Boys Sprint Medley Relay (400-200-200-800)
5:25 Varsity Girls 3200 Meter Relay
5:45 Varsity Boys 3200 Meter Relay