

THE NEW YORK RELAYS
Presented by the
RANDALL'S ISLAND PARK ALLIANCE
APRIL 19-20, 2013
ICAHN STADIUM

February 22, 2013

We are pleased to invite your school to the Ninth Annual New York Relays, on Friday and Saturday, April 19-20, 2013. The meet, which is open to all high school age athletes competing with their high school track 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 had just been completely resurfaced this past fall.

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 Louis.Vazquez@parks.nyc.gov. Remember entries are due by Monday, April 8, 2013. **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.**

Please be aware of the following changes to the meet. The following events have been added to the meet:

Girls 1500 Meter Race walk

Field event relays have now been changed to individual events.

We look forward to seeing you at the Icahn Stadium.

Sincerely,

Louis J Vazquez
Meet Director
Icahn Stadium

Important Dates	March 5 th - Entries open on directathletics April 8 th - Attached hard copy entry due April 15 th - Online entries close on directathletics April 17 th - Accepted athletes posted												
Entries	<p>Hard copy entries 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</p> <p>All online entries must be submitted on www.directathletics.com by April 15th.</p> <ul style="list-style-type: none"> • ROSTERS all eligible athletes must be listed on team roster. • INVITATIONAL EVENT must be entered with the athlete's best mark (2012 outdoor season or 2013 indoor season). Entries without valid seed times for all invitational events will not be considered. Marks will be verified. <ul style="list-style-type: none"> ○ Invitational events consist of Boys' and Girls' 100m, 200m, 400m, 800m, Discus, Hammer, Javelin, 4 X 1600m Relay and Sprint Medley Relay, 2000m Steeplechase, (Girls Only), 3000m Steeplechase (Boys Only), Decathlon (Boys' only), Heptathlon (Girls' Only), 1500m Racewalk (Girls' Only) • NON-INVITATIONAL INDIVIDUAL EVENTS must be entered online. Coaches may enter a seed mark of NT (no time); although athletes with seed times will be seeded. • NON-INVITATION RELAYS must be entered online but ATHLETE NAMES DO NOT need to be entered at this time. Coaches will fill out relay cards the day of the meet. • Directions for directathletics are included in this packet. • Spikes – ¼” pyramid spikes only for both running and field events. • No hard coolers (soft coolers are ok), tents, or chairs allowed in stadium. • Please make checks payable to: The Randall's Island Park Alliance 												
Invitational Event Field Sizes	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">100m, 200m, 100m/110m Hurdles</td> <td style="padding: 2px;">24 athletes for trial round</td> </tr> <tr> <td style="padding: 2px;">400m, Sprint Medley Relay</td> <td style="padding: 2px;">8 athletes/teams final</td> </tr> <tr> <td style="padding: 2px;">800m</td> <td style="padding: 2px;">8-12 athletes final</td> </tr> <tr> <td style="padding: 2px;">Decathlon, Heptathlon, Javelin, Discus, Hammer</td> <td style="padding: 2px;">8-12 athletes final</td> </tr> <tr> <td style="padding: 2px;">Girls' 1500m Racewalk</td> <td style="padding: 2px;">14-18 athletes final</td> </tr> <tr> <td style="padding: 2px;">4 X 1600m Relay, 3,000m (boys)/2,000m(girls) Steeplechase</td> <td style="padding: 2px;">12-18 teams final</td> </tr> </table>	100m, 200m, 100m/110m Hurdles	24 athletes for trial round	400m, Sprint Medley Relay	8 athletes/teams final	800m	8-12 athletes final	Decathlon, Heptathlon, Javelin, Discus, Hammer	8-12 athletes final	Girls' 1500m Racewalk	14-18 athletes final	4 X 1600m Relay, 3,000m (boys)/2,000m(girls) Steeplechase	12-18 teams final
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4 X 1600m Relay, 3,000m (boys)/2,000m(girls) Steeplechase	12-18 teams final												
Eligibility	Athletes that are accepted and compete in an individual invitational event will be permitted to compete in a third event. All other athletes will only be permitted to enter two events total.												
Field Events	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Boy's Opening Height</td> <td style="padding: 2px;">Girl's Opening Heights</td> </tr> <tr> <td style="padding: 2px;">High Jump – 5'4”</td> <td style="padding: 2px;">High Jump 4'4”</td> </tr> <tr> <td style="padding: 2px;">Pole Vault – 10'0”</td> <td style="padding: 2px;">Pole Vault 7'0”</td> </tr> </table> <p>In the shot put, long jump, and triple jump all first throws or jumps will be measured; after that only those over a certain distance will be marked. Athletes in the field events will receive three throws or jumps in all horizontal events with the top six athletes returning for finals for an additional three throws.</p>	Boy's Opening Height	Girl's Opening Heights	High Jump – 5'4”	High Jump 4'4”	Pole Vault – 10'0”	Pole Vault 7'0”						
Boy's Opening Height	Girl's Opening Heights												
High Jump – 5'4”	High Jump 4'4”												
Pole Vault – 10'0”	Pole Vault 7'0”												
Awards	The top six in all individual events and relays will receive medals.												
Plaques	<p>The winning athletes/and or relay teams in all Varsity Events will receive a New York Relay Plaque. The only exceptions are the Boys 2,000 meter steeplechase and Boys and Girls Sprint Medley Relay since we will be awarding plaque in the Boys 3,000 meter steeple and Invitational Boys & Girls Sprint Medley Relay.</p>												

THE NEW YORK RELAYS
APRIL 19- 20, 2013
ICAHN STADIUM AT RANDALL'S ISLAND

All entries must be entered on-line by visiting www.directathletics.com

BOYS INVITATIONAL EVENTS

____ INVITATIONAL 100 METER DASH**
____ INVITATIONAL 200 METER DASH**
____ INVITATIONAL 400 METER DASH**
____ INVITATIONAL 800 METER RUN**
____ INVITATIONAL 3,000M STEEPLECHASE**
____ INVITATIONAL 110 METER HURDLES**

____ INVITATIONAL DISCUS**
____ INVITATIONAL JAVELIN **
____ INVITATIONAL HAMMER **
____ INVITATIONAL DECATHLON **

BOYS INVITATIONAL RELAYS

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

** Limited number of athlete's and teams in each event. All invitational events must be entered with a seed times for those individuals and teams on www.directathletics.com**

BOYS INDIVIDUAL EVENTS

____ 400 METER HURDLES
____ 3,200 METER RUN
____ 2,000 METER STEEPLECHASE
____ HIGH JUMP
____ POLE VAULT
____ LONG JUMP
____ 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 \$6.00 _____
TOTAL # OF FIELD RELAYS _____ X \$10.00 _____
TOTAL # OF RELAYS _____ X \$20.00 _____
TOTAL ENTRY FEE _____

MINIMUM ENTRY FEE IS \$15.00

TOTAL # OF ATHLETES COMPETING _____

HARD COPY ENTRIES ARE DUE BY MONDAY, APRIL 8, 2013. 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 Park Alliance

MAIL TO: ICAHN STADIUM
C/O LOUIS J VAZQUEZ
20 RANDALL'S ISLAND
NEW YORK, NY 10035

GIRLS INVITATIONAL EVENTS

____ INVITATIONAL 100 METER DASH**
____ INVITATIONAL 200 METER DASH**
____ INVITATIONAL 400 METER DASH**
____ INVITATIONAL 800 METER RUN**
____ INVITATIONAL 2,000M STEEPLECHASE**
____ INVITATIONAL 100 METER HURDLES**
____ INVITATIONAL 1500 METER RACEWALK**
____ INVITATIONAL DISCUS**
____ INVITATIONAL JAVELIN**
____ INVITATIONAL HAMMER**
____ INVITATIONAL HEPTATHLON**

GIRLS INVITATIONAL RELAYS

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

GIRLS INDIVIDUAL EVENTS

____ 400 METER HURDLES
____ 3,000 METER RUN
____ HIGH JUMP
____ POLE VAULT
____ LONG JUMP
____ 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

SCHOOL NAME _____ COACH'S NAME _____ COACH'S PHONE # _____

SCHOOL ADDRESS _____ COACHES EMAIL _____

CITY _____ STATE _____ ZIP _____ SCHOOL PHONE # _____

ATHLETIC DIRECTOR SIGNATURE _____

THE NEW YORK RELAYS - ICAHN STADIUM AT RANDALL'S ISLAND - APRIL 19 – 20, 2013
We will run ahead of schedule whenever possible.

Friday, April 19, 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**
 6:30 **Invitational Girls Hammer**
 7:30 **Invitational Boys Hammer**

Friday, April 19, 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
 7:40 **Invitational 1,500 Meter Racewalk**
 7:45 **Heptathlon 200 Meter Dash**
 7:55 **Decathlon 400 Meter Dash**

Saturday, April 20 – Field Events

8:45 **Heptathlon Long Jump**
 9:00 Girls Individual Pole Vault
 9:15 Girls High Jump
 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 followed by**
 Invitational Boys Javelin followed
 Invitational Girls Javelin
 1:30 Girls Shot Put Relay
 1:30 Boys High Jump
 2:00 Boys Triple Jump Relay

Saturday, April 20 - Running Events

2:00 Girls Triple Jump Relay
 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**
 1:50 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 Boys SMR (400-200-200-800) – Final on Time
 5:15 Freshmen Girls SMR (400-200-200-800) – Final on Time
 5:30 Sophomore Boys SMR (400-200-200-800) – Final on Time
 5:45 Sophomore Girls SMR (400-200-200-800) – Final on Time
 5:55 Varsity Boys 3200 Meter Relay
 6:15 Varsity Girls 3200 Meter Relay

All entries must be submitted with an athlete's name and event. Invitational events must have a valid seed time.

STEP 1 - ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, click http://www.directathletics.com/forgot_password.html. You will use the same account to enter all meets run through DirectAthletics.

****NOTE ABOUT MEN'S AND WOMEN'S ACCOUNTS: You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:**

Sport: Track & Field **Team:** Guilford (M)

This indicates that you are controlling the Guilford MEN'S team (M=MEN). To switch to your Women's team, you would select "Guilford (W)".

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes' First Name, Last Name, and School Year and click "Submit".
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

All athletes from previous seasons will appear on your roster. It is your responsibility to take the following steps to make sure that you have an **accurate, up-to-date** roster:

1. Review your existing roster carefully. To **view** your roster, login and click TEAM.
2. To **delete** an athlete, check the box(es) next to the athlete(s) you wish to delete. Then click on the red "Delete" button at top of the roster.
3. **Edit** school year for existing athletes. Please review your entire roster to make sure that the school year is accurate for each existing athlete. If the school year is incorrect, check the box(es) next to the athlete(s) you wish to edit Then click the dark blue "Edit" button at the top of the roster. Change the school year in the dropdown and Submit.
4. **Check spelling.** You can change the spelling of an existing athlete's name by following the instructions in the previous step. Once at the Edit Athlete page, make the appropriate changes to the First or Last Name and click Submit.
5. **Add** only new athletes not already on your roster. Do NOT create duplicates on your roster.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 6) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.