



## STATEN ISLAND FROSH OUTDOOR CHAMPS

Tuesday May 21, 2019 @ St. Joseph Sea H.S.

- EACH FRESHMAN IS PERMITTED TO COMPETE IN ANY TWO EVENTS. (Boys & Girls)
- Trophies to the top 3 teams based on 6 place scoring (10,8,6,4,2,1) - Medals to the top 6
- Labels in all running events (You must use your own). Field events will sign in, no label.
- We will award 1 male and 1 female outstanding performer award.

### Running Events

- 4:30 PM **Girls 400 meter intermediate hurdles**
- 4:35 PM **Boys 400 meter intermediate hurdles**
- 4:45 PM **Girls 3000 meter run**
- 5:00 PM **Boys 3200 meters final**
- 5:15 PM **Girls 400 meter final**
- 5:20 PM **Boys 400 meter final**
- 5:30 PM **Girls 100 meter trials**
- 5:35 PM **Boys 100 meter trials**
- 5:40 PM **Girls 800 meter final**
- 5:45 PM **Boys 800 meter final**
- 5:50 PM **Girls 100 meter final**
- 5:55 PM **Boys 100 meter final**
- 6:00 PM **Girls 100 meter hurdles (Final on Time)**
- 6:05 PM **Boys 110 meter high hurdles (Final on Time)**
- 6:10 PM **Girls 200 meter (Final on Time)**
- 6:15 PM **Boys 200 meter (Final on Time)**
- 6:20 PM **Girls 1500 meter run**
- 6:30 PM **Boys 1600 meter final**

*Each team must help with hurdle movement. Thanks!*

### Field Events

- 4:00 PM **Boys Discus** followed by **Girls Discus**
- 4:00 PM **Girls Javelin** followed by **Boys Javelin (Behind the Bleachers)**
- 4:30 PM **Girls Shot Put** followed by **Boys Shot Put (Circle #1)**
- 4:30 PM **Boys Triple Jump** followed by **Boys Long Jump**
- 4:30 PM **Girls Triple Jump** followed by **Girls Long Jump**
- 4:30 PM **Girls High Jump** then **Boys High Jump**  
(Girls open at 3-6, Boys at 4-6, up 3" until 4' or 5' then 2" )
- 4:30 PM **Girls Pole Vault** then **Boys Pole Vault**  
(Girls open at 5', Boys at 6', up 6" each time)



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- All athletes must have a shirt or singlet with the school name on it.
- **You must use your own labels in the running events. In the field, athletes will verbally give their name.**
- Boys and Girls are allowed any 2 (two) events
- Seeding will be done at check in.
- **Hand-Time Only**, All running events are a Final on Time except the 100 where we will advance the 6 fastest times.
- In the field events, Top 7 make the finals. In the event that there are fewer than 6 athletes, it will be 4 jumps/throws, no finals
- The Games Committee will be: Chris Mancusi (Pres.), Jim Hughes (VP) and Patricia Mulligan (Treasurer).
- Athlete Prizes: Medals – 1st through 6th place.
- Team Prizes: Top 3 teams earn plaques.
- MVP's: Outstanding Performer Award's for 1 boy and 1 girl
- The meet director reserves the right to correct scoring mistakes to an indefinite period of time
- Coaches, athletes, and spectators are requested not to badger or show any disrespect to clerks, and officials
- All non-competing athletes, spectators and parents are asked to remain in the stands, no athletes should be on the infield, on the mats, or alongside the track straight away.
- **Coaches are asked to consider obtaining sponsors to help pay for the meet.**

The Games Committee will be responsible to rule on written protest submitted to Chris Mancusi within 15 minutes of the conclusion of the event AND will vote on the outstanding performers (track and field, 1 boy and 1 girl).

- **FIELD EVENTS:**
  - TJ Boards - BOYS: 20, 24, 28, 32  
GIRLS: 20, 24, 28
  - LJ Boards - BOYS: 8 feet  
GIRLS: 8 feet
  - PV Heights - BOYS: 6', then 6 inches at a time  
GIRLS: 5', then 6 inches at a time
  - HJ Opening- BOYS: 4'6", up 2 inches at a time  
GIRLS: 3'6", up 2 inches at a time
  - Shot Put BOYS: 8 lb shot  
GIRLS: 4K Shot
  - Discus BOYS: 1.6 kg disc  
GIRLS: 1 kg disc
  - Javelin BOYS:  
GIRLS: