



***THE NEW YORK RELAYS***  
***Presented by the***  
***RANDALL'S ISLAND PARK ALLIANCE***  
***FRIDAY, APRIL 21 & SATURDAY, APRIL 22, 2017***  
***ICAHN STADIUM***

February 1, 2017

We are pleased to invite your school to the 13th Annual New York Relays, on Friday, April 21 and Saturday, April 22, 2017. The meet, which is open to all high school age athletes competing with their high school track team, will be held at 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 one of the best in the country.

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 e-mail me at [Louis.Vazquez@parks.nyc.gov](mailto:Louis.Vazquez@parks.nyc.gov). **Remember entries are due by Friday, April 14, 2017. 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 fees are payable to: The Randall's Island Park Alliance.**

We look forward to seeing you at the Icahn Stadium!

Sincerely,

*Louis Vazquez*

Louis J Vazquez  
Meet Director



# 13<sup>th</sup> ANNUAL NEW YORK RELAYS

**FRIDAY, APRIL 21 & SATURDAY, APRIL 22, 2017**

<b>Important Dates</b>	<p>March 1st - Entries open on directathletics          April 14<sup>th</sup> - Attached hard copy entry due          April 16<sup>th</sup> - Online entries close on directathletics          April 19<sup>th</sup> - Accepted athletes posted</p>														
<b>Entries</b>	<p><b>Step 1) Hard copy entry and fee must be mailed to:</b>          Icahn Stadium          Louis Vazquez - Director          20 Randall's Island, New York, NY 10035          Please make checks payable to: <b>Randall's Island Park Alliance</b>  <b>Hard Copy entry must be received by Friday, April 14th.</b></p> <p><b>Step 2) Rosters</b> - all eligible athletes must be listed on your team roster.</p> <p><b>Step 3)</b> You must enter all individual athletes and relay teams. Please use your athlete's best mark from 2016 outdoor or the 2016-17 indoor season. Entries without a valid seed times for all events will not be considered, all marks will be verified. Coaches may enter a seed mark of NT (no time).</p> <p><b>All online rosters and entries must be submitted on <a href="http://www.directathletics.com">www.directathletics.com</a> by Sunday, April 16<sup>th</sup> at 11:59pm. Directions for <a href="http://www.directathletics.com">www.directathletics.com</a> are included in this packet.</b></p> <ul style="list-style-type: none"> <li>• <b>INVITATIONAL EVENTS</b> - Boys' and Girls' 100m, 200m, 400m, 800m, Mile Run, Discus, Hammer, Javelin, 4 X 1600m Relay and Sprint Medley Relay, 2000m Steeplechase, and 1500m Racewalk (Girls' Only)</li> <li>• <b>Spikes</b> – only ¼” pyramid spikes are permitted at Icahn Stadium. Spikes will be available to purchase at the stadium.</li> <li>• <b>No hard coolers</b> (soft coolers are ok), tents, or chairs allowed inside of stadium.</li> </ul>														
<b>Invitational Event Field Sizes</b>	<table border="1"> <tr> <td><b>100 meter dash, 200 meter dash, and 100meter/110 meter Hurdles</b></td> <td><b>24 athletes for trial round</b></td> </tr> <tr> <td><b>400 meter dash</b></td> <td><b>8 athletes</b></td> </tr> <tr> <td><b>800 meter run</b></td> <td><b>8-12 athletes final</b></td> </tr> <tr> <td><b>Decathlon, Heptathlon, Javelin, Discus, and Hammer</b></td> <td><b>8-12 athletes final</b></td> </tr> <tr> <td><b>Mile Run</b></td> <td><b>12 – 14 athletes final</b></td> </tr> <tr> <td><b>Girls' 1500 meter Racewalk</b></td> <td><b>14-18 athletes final</b></td> </tr> <tr> <td><b>4 X 1600 meter Relay and 2,000 meter Steeplechase</b></td> <td><b>12-18 teams final</b></td> </tr> </table>	<b>100 meter dash, 200 meter dash, and 100meter/110 meter Hurdles</b>	<b>24 athletes for trial round</b>	<b>400 meter dash</b>	<b>8 athletes</b>	<b>800 meter run</b>	<b>8-12 athletes final</b>	<b>Decathlon, Heptathlon, Javelin, Discus, and Hammer</b>	<b>8-12 athletes final</b>	<b>Mile Run</b>	<b>12 – 14 athletes final</b>	<b>Girls' 1500 meter Racewalk</b>	<b>14-18 athletes final</b>	<b>4 X 1600 meter Relay and 2,000 meter Steeplechase</b>	<b>12-18 teams final</b>
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<b>Eligibility</b>	<p>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.</p>														
<b>Field Events</b>	<table border="1"> <tr> <td>Boy's Opening Height</td> <td>Girl's Opening Heights</td> </tr> <tr> <td>High Jump – 5'4"</td> <td>High Jump 4'4"</td> </tr> <tr> <td>Pole Vault – 10'6"</td> <td>Pole Vault 7'6"</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 – 10'6"	Pole Vault 7'6"								
Boy's Opening Height	Girl's Opening Heights														
High Jump – 5'4"	High Jump 4'4"														
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<b>Awards</b>	<p><b>The top six in all individual events and relays will receive medals.</b></p>														
<b>Plaques</b>	<p><b>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. We will only be awarding a plaque in the Boys Invitational 2,000 meter steeplechase.</b></p>														



# 13<sup>th</sup> ANNUAL NEW YORK RELAYS

**FRIDAY, APRIL 21 & SATURDAY, APRIL 22, 2017**

*All entries must be entered on-line by visiting [www.directathletics.com](http://www.directathletics.com) by April 16<sup>th</sup>*

# OF ENTRIES	BOYS INVITATIONAL EVENTS	# OF ENTRIES	GIRLS INVITATIONAL EVENTS
	INVITATIONAL 100 METER DASH**		INVITATIONAL 100 METER DASH**
	INVITATIONAL 200 METER DASH**		INVITATIONAL 200 METER DASH**
	INVITATIONAL 400 METER DASH**		INVITATIONAL 400 METER DASH**
	INVITATIONAL 800 METER RUN**		INVITATIONAL 800 METER RUN**
	INVITATIONAL 2,000M STEEPLECHASE**		INVITATIONAL 2,000M STEEPLECHASE**
	INVITATIONAL 110 METER HURDLES**		INVITATIONAL 100 METER HURDLES**
	INVITATIONAL MILE RUN**		INVITATIONAL 1500 METER RACEWALK**
	INVITATIONAL DISCUS**		INVITATIONAL MILE RUN**
	INVITATIONAL JAVELIN **		INVITATIONAL DISCUS**
	INVITATIONAL HAMMER **		INVITATIONAL JAVELIN**
	INVITATIONAL DECATHLON **		INVITATIONAL HAMMER**
	<b>BOYS INVITATIONAL RELAYS</b>		INVITATIONAL HEPATHLON**
	INVITATIONAL 4 x 1600 METER RELAY**		<b>GIRLS INVITATIONAL RELAYS</b>
	<b>BOYS INDIVIDUAL EVENTS</b>		INVITATIONAL 4 X 1600 METER RELAY**
	400 METER HURDLES		<b>GIRLS INDIVIDUAL EVENTS</b>
	3,200 METER RUN		400 METER HURDLES
	2,000 METER STEEPLECHASE		3,000 METER RUN
	<b>BOYS FIELD EVENTS</b>		<b>GIRLS FIELD EVENTS</b>
	HIGH JUMP		HIGH JUMP
	POLE VAULT		POLE VAULT
	LONG JUMP		LONG JUMP
	SHOT PUT		SHOT PUT
	TRIPLE JUMP		TRIPLE JUMP
	<b>BOYS RELAYS EVENTS</b>		<b>GIRLS RELAYS EVENTS</b>
	FRESHMEN 400 METER RELAY		FRESHMEN 400 METER RELAY
	FRESHMEN 1600 METER RELAY		FRESHMEN 1600 METER RELAY
	FRESHMEN SPRINT MEDLEY RELAY		FRESHMEN SPRINT MEDLEY RELAY
	SOPHOMORE 400 METER RELAY		SOPHOMORE 400 METER RELAY
	SOPHOMORE 1600 METER RELAY		SOPHOMORE 1600 METER RELAY
	SOPHOMORE SPRINT MEDLEY RELAY		SOPHOMORE SPRINT MEDLEY RELAY
	VARSITY 400 METER RELAY		VARSITY 400 METER RELAY
	VARSITY 1600 METER RELAY		VARSITY 1600 METER RELAY
	VARSITY 3200 METER RELAY		VARSITY 3200 METER RELAY
	SHUTTLE HURDLE RELAY		VARSITY SHUTTLE HURDLE RELAY
	VARSITY SPRINT MEDLEY RELAY		VARSITY SPRINT MEDLEY RELAY

\*\* Limited number of athlete's and teams in accepted into each event.

Total Number of Individual Entries		X	\$6.00	=	\$
Total Number of Relays		X	\$24.00	=	\$
<b>TOTAL ENTRY FEE</b>					

Minimum entry fee is \$20.00 ~ All entries fees shown here are entry fees and not participation fees.  
**Hard Copies are Due by Friday, April 14<sup>th</sup>** ~ Make all checks payable to the Randall's Island Park Alliance  
 Mail to: Icahn Stadium ~ c/o Louis Vazquez ~ 20 Randall's Island ~ New York, NY 10035

School Name:	Coach's Name:
Coach's Phone:	School Address:
Coaches E-mail:	Athletic Director Signature:



# 13<sup>th</sup> ANNUAL NEW YORK RELAYS

## THE NEW YORK RELAYS - ICAHN STADIUM AT RANDALL'S ISLAND - APRIL 21 & 22, 2017

We will run ahead of schedule whenever possible.

### Friday, April 21, Field Events

- 4:15 **Decathlon Long Jump**
- 4:20 **Heptathlon High Jump**
- 4:30 Boys Individual Pole Vault
- 3:30 **Invitational Girls Hammer**
- 5:00 **Invitational Boys Hammer**
- 5:30 **Decathlon Shot Put**
- 5:50 **Heptathlon Shot put**
- 6:30 **Decathlon High Jump**
- 7:00 **Invitational Girls Discus**
- 8:00 **Invitational Boys Discus**

### Friday, April 21, Running Events

- 3:40 **Decathlon 100 Meter Dash**
- 3:50 **Heptathlon 100 Meter Hurdles**
- 5:00 **Invitational Girls 100 Meter Hurdles - Trials**
- 5:10 **Invitational Boys 110 Meter Hurdles - Trials**
- 5:20 Girls 3000 Meter Run
- 5:50 Girls 400 Meter Hurdles
- 6:05 Boys 400 Meter Hurdles
- 6:20 **Invitational Girls 100 Meter Dash Trials**
- 6:30 **Invitational Boys 100 Meter Dash Trials**
- 6:40 Boys 3200 Meter Run
- 7:30 **Invitational Girls 200 Meter Dash Trials**
- 7:40 **Invitational Boys 200 Meter Dash Trials**
- 7:45 **Heptathlon 200 Meter Dash**
- 7:50 Boys 2,000 Meter Steeplechase
- 8:10 **Decathlon 400 Meter Dash**
- 8:15 Girls Sprint Medley Relay
- 8:30 Boys Sprint Medley Relay

### Saturday, April 16 – Field Events

- 8:45 **Heptathlon Long Jump**
- 9:00 Girls Individual Pole Vault
- 9:15 Girls High Jump
- 9:15 Boys Shot Put
- 9:20 **Decathlon Discus**
- 9:30 Boys Long Jump
- 9:30 Girls Long Jump
- 10:00 **Heptathlon Javelin**
- 11:00 **Decathlon Pole Vault**
- Invitational Boys Javelin followed**
- 12:00 **Decathlon Javelin followed by**
- Invitational Girls Javelin**
- 1:30 Girls Shot Put
- 1:30 Boys High Jump
- 2:00 Boys Triple Jump
- 2:00 Girls Triple Jump

### Saturday, April 22 - Running Events

- 8:45 **Decathlon 110 Meter High Hurdles**
- 9:00 Varsity Boys Shuttle Hurdle Relay (4 person relay)
- 9:15 Varsity Girls Shuttle Hurdle Relay (4 person relay)
- 9:30 Invitational 1,500 Meter Racewalk
- 9:40 Freshmen Girls 1600 Meter Relay
- 9:55 Freshmen Boys 1600 Meter Relay
- 10:20 Sophomore Girls 1600 Meter Relay
- 10:35 Sophomore Boys 1600 Meter Relay
- 10:50 **Heptathlon 800 Meter Run**
- 10:55 Varsity Girls 400 Meter Relay – Trials
- 11:20 Varsity Boys 400 Meter Relay – Trials
- 11:45 **Invitational Girls 800 Meter Run**
- 11:50 **Invitational Boys 800 Meter Run**
- 12:00 **Invitational Girls 2,000 Meter Steeplechase**
- 12:10 **Invitational Girls 100 Meter Hurdles Final**
- 12:20 **Invitational Boys 110 Meter Hurdles Final**
- 12:25 **Invitational Girls 100 Meter Dash Final**
- 12:30 **Invitational Boys 100 Meter Dash Final**
- 12:35 **Invitational Girls 400 Meter Dash**
- 12:40 **Invitational Boys 400 Meter Dash**
- 12:50 **Opening Ceremony and National Anthem**
- 12:55 **Invitational Girls Mile Run**
- 1:05 **Invitational Boys Mile Run**
- 1:15 Varsity Girls 400 Meter Relay – Final
- 1:20 Varsity Boys 400 Meter Relay – Final
- 1:25 **Decathlon 1500 Meter Run**
- 1:30 Varsity Girls 3200 Meter Relay
- 2:00 Varsity Boys 3200 Meter Relay
- 2:30 **Invitational Girls 200 Meter Dash – Final**
- 2:35 **Invitational Boys 200 Meter Dash – Final**
- 2:40 Freshmen Girls 400 Meter Relay – Final on time
- 2:55 Freshmen Boys 400 Meter Relay – Final on time
- 3:10 Sophomore Girls 400 Meter Relay – Final on time
- 3:20 Sophomore Boys 400 Meter Relay – Final on time
- 3:35 Varsity Girls 1600 Meter Relay – Final on time
- 4:00 Varsity Boys 1600 Meter Relay – Final on time
- 4:20 Freshmen Girls SMR (400-200-200-800) – Final on Time
- 4:45 Freshmen Boys SMR (400-200-200-800) – Final on Time
- 5:05 Sophomore Girls SMR (400-200-200-800) – Final on Time
- 5:15 Sophomore Boys SMR (400-200-200-800) – Final on Time
- 5:30 **Invitational Girls 4 x 1600 Meter Relay**
- 5:55 **Invitational Boys 4 x 1600 Meter Relay**



# 13<sup>TH</sup> ANNUAL NEW YORK RELAYS

## 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](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.