



18th ANNUAL NEW YORK RELAYS

Friday, April 22, Field Events		Saturday, April 23 - Running Events	
3:30	Invitational Girls Hammer	9:00	Varsity Boys Shuttle Hurdle Relay (4 person relay)
4:20	Heptathlon High Jump	9:15	Varsity Girls Shuttle Hurdle Relay (4 person relay)
4:30	Boys Individual Pole Vault	9:20	Invitational 1,500 Meter Racewalk
5:00	Invitational Boys Hammer	9:35	Freshmen Girls 1600 Meter Relay
5:15	Heptathlon Shot put	9:40	Freshmen Boys 1600 Meter Relay
7:00	Invitational Girls Discus	9:55	Sophomore Girls 1600 Meter Relay
8:00	Invitational Boys Discus	10:00	Sophomore Boys 1600 Meter Relay
		10:15	Varsity Girls 400 Meter Relay – Trials
		10:25	Varsity Boys 400 Meter Relay – Trials
Friday, April 20, Running Events		10:35	Heptathlon 800 Meter Run
4:00	Heptathlon 100 Meter Hurdles	10:40	Invitational Girls 800 Meter Run
4:30	Invitational Girls 100 Meter Hurdles - Trials	10:50	Invitational Boys 800 Meter Run
4:40	Invitational Boys 110 Meter Hurdles - Trials	11:00	Invitational Girls 2,000 Meter Steeplechase
4:50	Invitational Girls 100 Meter Dash Trials	11:10	Invitational Girls 100 Meter Hurdles Final
5:00	Invitational Boys 100 Meter Dash Trials		Invitational Boys 110 Meter Hurdles Final
5:10	Girls 3000 Meter Run	11:20	Invitational Girls 100 Meter Dash Final
5:45	Heptathlon 200 Meter Dash		Invitational Boys 100 Meter Dash Final
5:50	Girls 400 Meter Hurdles	11:30	Invitational Girls 400 Meter Dash
6:05	Boys 400 Meter Hurdles	11:40	Invitational Boys 400 Meter Dash
6:20	Boys 3200 Meter Run	11:50	<u>Opening Ceremony and National Anthem</u>
7:15	Invitational Girls 200 Meter - Final	12:00	Invitational Girls Mile Run
7:25	Invitational Boys 200 Meter - Final	12:10	Invitational Boys Mile Run
7:35	Boys 2,000 Meter Steeplechase	12:15	Varsity Girls 400 Meter Relay – Final
7:50	Girls Sprint Medley Relay	12:20	Varsity Boys 400 Meter Relay – Final
8:05	Boys Sprint Medley Relay	12:25	Varsity Girls 3200 Meter Relay
		12:45	Varsity Boys 3200 Meter Relay
Saturday, April 21 – Field Events		1:15	Freshmen Girls 400 Meter Relay – Final on time
8:45	Heptathlon Long Jump	1:20	Freshmen Boys 400 Meter Relay – Final on time
9:00	Girls Individual Pole Vault	1:30	Sophomore Girls 400 Meter Relay – Final on time
9:00	Boys Long Jump	1:35	Sophomore Boys 400 Meter Relay – Final on time
9:00	Girls High Jump	1:40	Varsity Girls 1600 Meter Relay – Final on time
9:00	Boys Shot Put	1:55	Varsity Boys 1600 Meter Relay – Final on time
9:15	Girls Long Jump	2:30	Freshmen Girls SMR (400-200-200-800) – Final on Time
9:30	Heptathlon Javelin	2:35	Freshmen Boys SMR (400-200-200-800) – Final on Time
10:15	Invitational Boys Javelin followed	2:45	Sophomore Girls SMR (400-200-200-800) – Final on Time
12:30	Invitational Girls Javelin	2:50	Sophomore Boys SMR (400-200-200-800) – Final on Time
12:30	Girls Shot Put	3:00	Invitational Girls & Boys 4 x 1600 Meter Relay
12:30	Boys High Jump		
12:30	Boys Triple Jump		
12:30	Girls Triple Jump		