



## THE NEW YORK RELAYS - ICAHN STADIUM AT RANDALL'S ISLAND - APRIL 21 & 22, 2023

An updated schedule will be sent after the close of entries.

### 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 **Invitational Girls 100 Meter Dash Trials**
- 5:35 **Invitational Boys 100 Meter Dash Trials**
- 5:45 Girls 3000 Meter Run
- 6:00 Girls 400 Meter Hurdles
- 6:15 Boys 400 Meter Hurdles
- 6:40 Boys 3200 Meter Run
- 7:30 Invitational Girls 200 Meter - Final
- 7:40 Invitational Boys 200 Meter - Final
- 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 22 – 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 Freshmen Girls 400 Meter Relay – Final on time
- 2:45 Freshmen Boys 400 Meter Relay – Final on time
- 3:00 Sophomore Girls 400 Meter Relay – Final on time
- 3:10 Sophomore Boys 400 Meter Relay – Final on time
- 3:25 Varsity Girls 1600 Meter Relay – Final on time
- 3:50 Varsity Boys 1600 Meter Relay – Final on time
- 4:10 Freshmen Girls SMR (400-200-200-800) – Final on Time
- 4:35 Freshmen Boys SMR (400-200-200-800) – Final on Time
- 4:55 Sophomore Girls SMR (400-200-200-800) – Final on Time
- 5:05 Sophomore Boys SMR (400-200-200-800) – Final on Time
- 5:20 **Invitational Girls 4 x 1600 Meter Relay**
- 5:40 **Invitational Boys 4 x 1600 Meter Relay**

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