

CHSAA Season Opener
Saturday, March 25, 2023
Icahn Stadium, Randall's Island

Time	Running Events
10:00	Girls 400 Meter Hurdles
10:10	Boys 400 Meter Hurdles
10:20	Girls Freshmen 1500 Meter Run
10:30	Girls Varsity 1500 Meter Run
10:40	Boys Freshman 1600 Meter Run
10:55	Boys Sophomore 1600 Meter Run
11:05	Boys Varsity 1600 Meter Run
11:20	Girls Varsity 100 Meter Hurdles
11:30	Freshmen Boys 110 Meter Hurdles
11:40	Boys Varsity 110 Meter Hurdles
11:50	Girls Freshman 100 Meter Dash
12:00	Girls Varsity 100 Meter Dash
12:10	Boys Freshman 100 Meter Dash
12:25	Boys Sophomore 100 Meter Dash
12:35	Boys Varsity 100 Meter Dash
12:45	Girls Freshman 400 Meter Dash
12:55	Girls Varsity 400 Meter Dash
1:05	Boys Freshman 400 Meter Dash
1:20	Boys Sophomore 400 Meter Dash
1:30	Boys Varsity 400 Meter Dash
1:45	Girls Freshman 800 Meter Run
1:55	Girls Varsity 800 Meter Run
2:05	Boys Freshman 800 Meter Run
2:20	Boys Sophomore 800 Meter Run
2:30	Boys Varsity 800 Meter Run
2:45	Girls Freshmen 200 Meter Dash
2:55	Girls Varsity 200 Meter Dash
3:05	Boys Freshmen 200 Meter Dash
3:15	Boys Sophomore 200 Meter Dash
3:25	Boys Varsity 200 Meter Dash
3:35	Girls Freshman 1600 Meter Relay
3:45	Girls Varsity 3200 Meter Relay
4:00	Boys Varsity 3200 Meter Relay
4:15	Girls Varsity 1600 Meter Relay

4:25	Boys Freshman 1600 Meter Relay
4:30	Boys Sophomore 1600 Meter Relay
4:35	Boys Varsity 1600 Meter Relay

	Throws – all event 3 throws no finals
10:00	Girls Varsity Discus
11:15	Boys Varsity Discus to follow Girls
10:00	Boys Varsity Javelin Throw
11:15	Girls Varsity Javelin Throw to follow the Boys
10:00	Boys Freshman Shot Put
11:15	Girls Varsity Shot Put to follow Freshmen Boys
12:30	Boys Varsity Shot Put to follow Girls

	Jumps – three jumps no finals
10:00	Girls Varsity Long Jump – Pit 1
11:15	Girls Varsity Triple Jump to follow
10:00	Boys Varsity Long Jump - Pit 2
11:15	Boys Varsity Triple Jump to follow
10:00	Boys Varsity High Jump
	Boys Freshman High Jump to follow
	Girls Varsity High Jump to follow Freshman Boys
10:00	Boys Freshman Pole Vault
11:00	Boys Varsity Pole Vault to follow Freshmen
12:30	Girls Varsity Pole Vault to follow Boys

An updated time schedule will be sent after entries close.

CHSAA Season Opener at Icahn Stadium

Saturday, March 25, 2023

School: _____

Coach: _____

Individuals

Girls 400 Meter Hurdles _____
Girls Freshman 1500 Meter Run _____
Girls Varsity 1500 Meter Run _____
Girls Frosh 100 Meter Dash _____
Girls Varsity 100 Meter Dash _____
Girls 100 Meter Hurdles _____
Girls Frosh 200 Meter Dash _____
Girls Varsity 200 Meter Dash _____
Girls Freshman 800 Meter Run _____
Girls Varsity 800 Meter Run _____
Girls Discus _____
Girls Javelin _____
Girls Shot Put _____
Girls Long Jump _____
Girls Pole Vault _____
Girls High Jump _____
Girls Triple Jump _____

Relays

Girls Freshman 1600 Meter Relay _____
Girls Varsity 1600 Meter Relay _____
Girls Varsity 3200 Meter Relay _____

ENTRIES CLOSE: Monday, March 20th at midnight on milesplit-ny.

of 4 person relays _____ @ \$ 15 = \$ _____

of Individuals _____ @ \$ 5 = \$ _____

TOTAL ENTRY:\$ _____

MAKE CHECKS PAYABLE TO: CHSAA Track

Mail Entry to:

Stephanie Irvin - CHSAA Outdoor Chair

Cardinal Spellman High School

1 Cardinal Spellman Place

Bronx, NY 10466

Meet Director:

Stephanie Irvin

Email: Slrvin@CardinalSpellman.org

Phone: 917-494-5436

Fax: 718-515-6615

Coaches Instructions

1. Entries close on MileSplit-NY for the CHSAA Season Opener is Monday, March 20, at midnight. No athlete will be allowed to compete that is not entered in the meet.
2. Athletes may only compete in two events
3. Opening Heights: **Vars Boys PV 8'0**
Freshman Boys 6'6"
Varsity Girls PV 6'0
Vars Boys HJ 5'2"
Freshman Boys HJ 4'6"
Vars. Girls HJ 4'2"
4. All warming up should take place outside the stadium when the first running event begins.
5. No athletes should be on the field or track unless they are competing in an event.
6. Athletes should not cross the field at any time, as javelin and discus will be contested there.
7. Medals can be picked up from the results table located on the third floor
8. ONLY for this meet: Field coaches are permitted on the infield as long as they do not interfere with the officials running the events.
9. Awards – Top 5 in all events.
10. Uniform Rule: All athletes must wear a school issued uniform. Tops must have the school's name clearly displayed and shorts must be worn over spandex.