

2013 NYC Mayor's Cup Outdoor Track & Field Championships
April 12-13

The City's best high school track and field athletes from the Public Schools Athletic League (PSAL), Catholic High School Athletic Association (CHSAA) and independent schools (AAIS) will compete in the NYC Mayor's Cup Outdoor Track & Field Championships to determine the "Best in the City."

Venue:

Icahn Stadium
20 Randalls Island Park
Randalls Island

Directions to the venue can be found at randallsisland.org/maps-directions

Event Website

The most up-to-date information regarding the NYC Mayor's Cup Outdoor Track & Field Championships can be found at [facebook.com/nycmayorscup](https://www.facebook.com/nycmayorscup).

Registration:

- **All schools must submit their seed times online at directathletics.com by 6pm on Friday, April 5, 2013. No team will be accepted if they did not enter online.**
 - Entries must be submitted with a valid seed mark, which must be accompanied by the name of the meet, the meet location and the date on which the performance took place.
- **All accepted athletes and teams will be posted at [facebook.com/nycmayorscup](https://www.facebook.com/nycmayorscup) on Tuesday, April 9, 2013.**
- There is no entry fee for this meet.
- All relay teams, including freshmen and sophomore teams, must be entered online.

Schedule:

Friday, April 12

4:00pm	Girls Discus	(Top 24 athletes will be accepted)
4:00	Girls High Jump	(Top 24 athletes will be accepted)
4:30	Girls 400 Meter Intermediate Hurdles	(Top 32 athletes will be accepted)
4:50	Boys 400 Meter Intermediate Hurdles	(Top 32 athletes will be accepted)
5:15	Girls 2,000 Meter Steeplechase	(Top 24 athletes will be accepted)
5:30	Boys Discus	(Top 24 athletes will be accepted)
5:30	Boys High Jump	(Top 24 athletes will be accepted)
5:35	Boys 3,000 Meter Steeplechase	(Top 24 athletes will be accepted)
5:55	Girls 100 Meter Hurdles Trials	(Top 32 athletes will be accepted)
6:10	Boys 110 Meter High Hurdles Trials	(Top 32 athletes will be accepted)
6:25	Girls 100 Meter Dash Trials	(Top 32 athletes will be accepted)
6:35	Boys 100 Meter Dash Trials	(Top 32 athletes will be accepted)
6:45	Girls 3,000 Meter Run	(Top 24 athletes will be accepted)
7:05	Boys 3,200 Meter Run	(Top 24 athletes will be accepted)
7:25	Girls 200 Meter Dash Trials	(Top 32 athletes will be accepted)
7:40	Boys 200 Meter Dash Trials	(Top 32 athletes will be accepted)



POST-EVENT RESULTS, PHOTOS AND VIDEOS AT
FACEBOOK.COM/NYCMAYORSCUP



Saturday, April 13

9:00am	Freshmen Girls 4x800 Meter Relay	
9:00	Boys Shot Put	(Top 24 athletes will be accepted)
9:00	Girls Long Jump	(Top 24 athletes will be accepted)
9:00	Boys Long Jump	(Top 24 athletes will be accepted)
9:00	Girls Javelin	(Top 24 athletes will be accepted)
9:00	Girls Pole Vault	(Top 24 athletes will be accepted)
9:20	Freshmen Boys 4x800 Meter Relay	
9:45	Sophomore Girls 4x800 Meter Relay	
10:05	Sophomore Boys 4x800 Meter Relay	
10:30	Girls 400 Meter Relay Trials	(Top 24 relay teams will be accepted)
10:40	Boys 400 Meter Relay Trials	(Top 24 relay teams will be accepted)
10:50	Girls 400 Meter Dash Final	(Top 24 relay teams will be accepted)
11:00	Boys 400 Meter Dash Final	(Top 24 relay teams will be accepted)
11:00	Paralympics Shot Put	
11:15	Girls 800 Meter Run	(Top 24 athletes will be accepted)
11:25	Boys 800 Meter Run	(Top 24 athletes will be accepted)
11:30	Girls Triple Jump	(Top 24 athletes will be accepted)
11:30	Boys Triple Jump	(Top 24 athletes will be accepted)
11:35	Girls 100 Meter Dash Final	
11:40	Boys 100 Meter Dash Final	
11:50	Boys 110 Meter High Hurdles Final	
11:55	Girls 100 Meter Hurdles Final	
12:00pm	Welcome Ceremony	
12:00	Girls Shot Put	(Top 24 athletes will be accepted)
12:00	Boys Javelin	(Top 24 athletes will be accepted)
12:00	Boys Pole Vault	(Top 24 athletes will be accepted)
12:05	Paralympics 100 Meter Dash	
12:10	Freshmen Girls 4x100 Meter Relay	
12:25	Freshmen Boys 4x100 Meter Relay	
12:40	Sophomore Girls 4x100 Meter Relay	
12:50	Sophomore Boys 4x100 Meter Relay	
1:05	Girls 1,500 Meter Run	(Top 24 athletes will be accepted)
1:15	Boys 1,600 Meter Run	(Top 24 athletes will be accepted)
1:30	Girls 200 Meter Dash Final	
1:35	Boys 200 Meter Dash Final	
1:45	Freshmen Girls 4x400 Meter Relay	
2:05	Freshman Boys 4x400 Meter Relay	
2:25	Sophomore Girls 4x400 Meter Relay	
2:40	Sophomore Boys 4x400 Meter Relay	
2:55	Girls 400 Meter Relay Final	
3:00	Boys 400 Meter Relay Final	
3:05	Girls 4x800 Meter Relay	(Top 24 relay teams will be accepted)
3:35	Boys 4x800 Meter Relay	(Top 24 relay teams will be accepted)
3:55	Girls 4x400 Meter Relay	(Top 24 relay teams will be accepted)
4:10	Boys 4x400 Meter Relay	(Top 24 relay teams will be accepted)
4:30	Team Awards Ceremony	



**POST-EVENT RESULTS, PHOTOS AND VIDEOS AT
FACEBOOK.COM/NYCMAYORSCUP**



Additional Meet Information

*****NY State Federation rules will be in effect*****

Eligibility:

The NYC Mayor's Cup Indoor Track & Field Championships are open to all high school runners who compete for CHSAA, PSAL and AAIS schools (on the Commissioner's Regulations list) that are located in New York City.

Athlete Selection:

The NYC Mayor's Cup Seeding Committee will review all of the submitted athlete's marks and determine which athletes have been selected to compete in the NYC Mayor's Cup. All Seeding Committee decisions are final. A list of all competing athletes will be posted on the NYC Mayor's Cup Facebook page facebook.com/nycmayorscup on Tuesday, April 9.

Awards:

- Medals will be presented to the top three finishers immediately following each event.
- The winning team will receive the NYC Mayor's Cup, and the 2nd- and 3rd-place teams will receive plaques at the conclusion of the meet.
- Team scoring will be as follows: 1st place – 6 points, 2nd place – 4 points, 3rd place – 3 points, 4th place – 2 points and 5th place – 1 point.
- **Only varsity events will count in the team scoring.** Freshmen and sophomore events are non-scoring events.

Track Events:

- Seeded heats will run first.
 - a. The top eight times will advance to the finals.
- **Athletes may compete in a maximum of two events.**
- Starting blocks can be used only in the finals.
- Relay cards must be filled out with the following: school name, all athletes' complete names (including alternates) and roster numbers.
- **Each school may enter only one team for the freshmen and sophomore relay races.**

Field Events:

- **High Jump:**
The girls high jump opening height will be 4'4".
The boys high jump opening height will be 5'4".
- **Girls Pole Vault:** After the opening height of 6', the height will increase in 6" increments until 7'6". After reaching 7'6", the height will then increase in 3" increments.
- **Boys Pole Vault:** After the opening height of 9'6", the height will increase in 6" increments until 11'. After reaching 11', the height will then increase in 3" increments.
 - a. All pole-vaulters must be weighed in prior to the event.
 - b. All vaulters must have the correct pole size to participate.
- **Long Jump, Triple Jump, Discus and Shot Put:** Each athlete is allowed three throws/jumps for each event. The athlete's first throw/jump will be measured and set as their minimum mark. If the athlete does not reach their minimum mark in the following attempts, those attempts will not be measured.
 - a. The top eight finishers will advance to the finals and be given three additional attempts.
 - b. All shot puts will be weighed in at the site of the event.



**POST-EVENT RESULTS, PHOTOS AND VIDEOS AT
FACEBOOK.COM/NYCMAYORSCUP**



Uniforms and Numbers:

- Each athlete will be assigned a roster number on the day of the meet. We will not be using PSAL numbers.
- Spikes (¼ inch, 7mm pyramid) will be allowed only at this meet.
- All athletes should wear their high school uniforms.

Admission:

Admission is **free** for all spectators.

Contact Information:

NYC Mayor's Cup: info@nycmayorscup.com

Dwayne Burnett (PSAL): dburnett@schools.nyc.gov

Lou Vazquez (CHSAA): louis.vazquez@parks.nyc.gov

George Calano (AAIS): gcalano@collegiateschool.org

The NYC Mayor's Cup is a series of sporting events crowning the "Best in the City." Athletes of all ages and from across all five boroughs compete year-round to prove they're New York City's best at baseball, lacrosse, outdoor track & field, basketball, softball, soccer, cricket, chess, table tennis, cross country and wrestling.

Results, pictures and videos from the NYC Mayor's Cup Outdoor Track & Field Championships and all other NYC Mayor's Cup events throughout the year will be posted on the NYC Mayor's Cup website

facebook.com/nycmayorscup



**POST-EVENT RESULTS, PHOTOS AND VIDEOS AT
FACEBOOK.COM/NYCMAYORSCUP**