

Hello everyone,

Looking forward to hosting you all for the Suffolk Relays this Saturday. We have moved the track start time to 9am instead of 10am. Please see the estimated time schedule attached. Any scratches email to us today or tomorrow. Final details are listed below.

Throwing Event Cut Offs (only 32 athletes per gender admitted into meet)

A list of the Athletes who made the cut off to the meet will be sent out. If your athlete is not on the sheet to throw that means they didn't make the cut off. Please do not bring athletes who didn't make the cut off, they will not throw at the meet.

Triple Jump Boards

Women: 24 and 32

Men: 36 and 40

High Jump / Pole Vault

Due to the high number of entries, both pits will be utilized for these events competing one gender at a time. Genders are split with an Invite and Open section. Women will compete first at both Pole Vault and High Jump, Men will follow. No chalk allowed, please use the vinyl tape provided and not athletic tape for marks. Pole Vault poles should be brought up the outside staircase and enter through the far doors.

PLEASE NOTE: New Balance Facility has issued a rule of no coaches allowed on the infield during field events. PV/HJ coaches can stand against the railing next to the mats.

Opening Heights and Progressions (Pit A mat by start of 60m dash, Pit B mat by finish line):

High Jump:

Women's INVITE (1.56+) Pit A: Open at 1.48m increasing 5cm until 1.68, then 3cm

Women's OPEN Pit B: Open at 1.25 increasing 5cm until 1.50, then 3cm

Men's INVITE (1.85+) Pit A: Open at 1.70m increasing 5cm until 2.05, then 3cm

Men's OPEN Pit B: Open at 1.60m increasing 5cm until 1.80, then 3cm

Pole Vault:

Women's INVITE (3.35+) Pit B: Open at 3.00m increasing 15cm until 3.90, then 10cm

Women's OPEN Pit A: Open at 2.50m increasing 15cm until 2.95, then 10cm

Men's INVITE (4.25+) Pit B: Open at 3.85m increasing 15cm until 4.90, then 10cm

Men's OPEN Pit A: Open at 2.60m increasing 15cm until 4.20, then 10cm

Busses / Vans

There is no official parking for buses. You can attempt for Artesani Park at 1255 Soldiers Field Rd, Boston 02135, but there is no guarantee for parking. Each team is responsible for their own buses. Parking for vans is available underneath the New Balance Track for a fee.

Estimated Time Schedule

Track 9:00 AM start, rolling schedule (Women followed by Men unless otherwise noted)

9:00 AM	Women's 5K
9:20 AM	Men's 5K
9:50 AM	Mascot 60M
9:55 AM	Men's 60m HH Qualifying
10:05 AM	Women's 60m HH Qualifying
10:20 AM	Women's 60m
10:35 AM	Men's 60m
10:55 AM	Men's 60m HH Final
11:00 AM	Women's 60m HH Final
11:05 AM	Women's 60m Final
11:10 AM	Men's 60m Final
11:25 AM	Women's Mile
12:10 PM	Men's Mile
12:55 PM	Women's 400m
1:15 PM	Men's 400m
1:40 PM	Women's 500m
2:00 PM	Men's 500m
2:15 PM	Women's 800m
2:30 PM	Men's 800m
2:45 PM	Women's 1K
3:05 PM	Men's 1K
3:25 PM	Women's 200m
4:15 PM	Men's 200m
5:20 PM	Women's 3K
5:55 PM	Men's 3K
6:30 PM	Women's Sprint Medley
6:50 PM	Men's Sprint Medley
7:05 PM	Women's 4 x 400
7:20 PM	Men's 4 x 400

Field Events *Dual Pits Men + Women at the same time for LJ, TJ*

9:00 AM	Weight Throw – W then M Shot Put (W then M 30 minutes after men's weight)
10:00 AM	Long Jump Triple Jump (30 minutes after Long Jump)
11:00 AM	Pole Vault – W then M High Jump W then M (infield 60 minutes after 60m final)