

Location:

Queens College Track & Field (Entrance at 153-1 Reeves Avenue, Flushing, NY 11365 — Gate 3)

Meet Entries:

All entries must be completed online through DirectAthletics.com.

Entry Deadline:

Scratches may be submitted via email or taken on the day of the meet.

Entry Fee:

\$25 per entry; \$450 maximum per team (men and women are separate). Ten athletes per gender constitute a team. This is an entry fee, not a participation fee—scratches are non-refundable. All payments must be made online by credit card through DirectAthletics.

Results:

Live results will be available on Milesplit.com. Full meet results will be posted on TFRRS.org.

Weigh-Ins:

Implement weigh-ins will take place from 9:30 AM to 10:00 AM.

Facility Info:

The track facility will be open for warm-ups and team setup. **NO TENTS ARE PERMITTED ON THE TURF.** Bathrooms, lockers, and showers are available at the main gym. The infield can be used for warm-ups. **NO SPIKES** are allowed on the turf.

Athletic Trainer:

An athletic trainer will be on-site.

Parking:

Parking for cars and vans is available in Lots 5 and 6, adjacent to the track. Buses will be directed to designated parking areas upon arrival

If you have any questions, please contact: Coach Welch – gwelch@qc.cuny.edu

ORDER OF EVENTS: Fastest to Slowest

FIELD EVENTS

10:00 AM START

Shot Put Women followed by Men
 Long Jump Women followed by Men
 High Jump Women followed by Men
 Triple Jump Women followed by Men

BRING YOUR OWN BLOCKS

NOTE: WE WILL MOVE AHEAD OF SCHEDULE WHEN POSSIBLE.

RUNNING EVENTS (WOMEN BEFORE MEN)

12:00 PM START

3000m Run
 4x100m Relay
 1500m Run
 100m Hurdles
 110m Hurdles
 100m Dash
 400m Dash
 800m Run
 400m Hurdles
 200m Dash
 5000m Run
 4x400m Relay

BRING YOUR OWN BLOCKS

