

# QUEENS COLLEGE SEASON OPENER

## SATURDAY, MARCH 25<sup>TH</sup>

at 65-30 Kissena Blvd, Queens, NY 11367

Running Events will begin at Noon at the Brand-New Queens College Track Facility along with the High Jump, Long Jump and Triple Jump.

Shot Put (M,W), Hammer (M,W), Discus (M,W), and Javelin (M,W) will be contested at York College beginning at 8:00 am on the 25th.  
York College - 94-20 Guy R Brewer Blvd, Jamaica, NY 11451

Running events will be contested at Queens College.

Events to be contested.

5000 m (M)	400 IH (M)
3000 m (W)	400 IH (W)
100 m (M)	800 m (M)
100 m (W)	800 m (W)
110 HH (M)	1500 m (M)
100 H (W)	1500 m (W)
200 m (M)	4 X 100m R (M)
200 m (W)	4 X 100m R (W)
400 m (M)	4 X 400m R (M)
400 m (W)	4 X 400m R (W)



[WWW.QUEENSKNIGHTS.COM](http://WWW.QUEENSKNIGHTS.COM)



**Entry Procedure:**

Entries are due Tuesday, March 21, at 10:00 PM. All entries are to be done on-line at [www.directathletics.com](http://www.directathletics.com). Feel free to e-mail [gregory.welch@qc.cuny.edu](mailto:gregory.welch@qc.cuny.edu) with any scratches after the entry deadline; scratches will also be taken the morning of the meet as well. No HIGH SCHOOL ATHLETES. Unattached athletes must contact Coach Greg at [gregory.welch@qc.cuny.edu](mailto:gregory.welch@qc.cuny.edu) for entry into the meet.

**Entry Fee:**

The entry fee is \$25 per event entered, with a maximum of \$400 per team (Team consists of 10 entries or more), per gender. All entry fees must be paid online with a credit card through Direct Athletics. This is an entry fee not a participation fee. You pay for what you enter, not for what you compete in.

**Facility Info:**

We will have the track facility open for warm ups and team setup. NO TENTS ON THE TURF. Bathrooms lockers and showers are available at the main gym. The infield can be use for warm up, **NO SPIKES**.

**Running Events:**

We will have automatic timing for all running events. Heats will be arranged based on entered seed times, and will run from fast to slow. JPALLEN ENTERPRISES will do timing and provide live results.

**Check In:**

Coaches, please make all scratches when you arrive. Announcements will be made for check in approximately 30 minutes prior to each event.

**Weigh-Ins:**

Implement weigh-in will take place at 8:00 AM on Saturday, March 25th. Implements for all events must be weighed in at this time.

**BRING YOUR OWN BLOCK****THROWING EVENTS AT YORK COLLEGE:**

8:00 AM Weigh In

**8:30 AM START**

Shot Put W, M

Hammer W, W

Disc W, M

Jav W, M

**TRACK SCHEDULE OF EVENTS AT QUEENS COLLEGE:**

Fastest to Slowest

**11:00 AM START–Field Events**

Long Jump Women followed by Men

Triple Jump Women followed by Men

High Jump Women followed by Men

**12:00 PM START–Running Events**

4 x 100 Relay W, M

5000 M

100 Hurdles W / 110 Hurdles M

400 W, M

1500 W, M

100 W, M

400 IH W, M

800 W, M

200 W, M

3000 W

4 x 400 Relay W, M



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