



**Millrose Trials: Wednesday, 1/8/2025 ~ Millrose Games: Saturday, 2/8/2025**

## **POINTS OF CONTACT**

### **High School**

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### **College**

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### **Youth**

Bassett Thompson  
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### **Adult/Masters**

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## **OTHER IMPORTANT INFORMATION**

- One coaching pass is provided for each entry. We encourage other coaches, parents, and friends to purchase tickets early. Tickets will sell-out.
- Tickets are not provided for relay alternates at The Millrose Games
- Athletes competing in the Invitational Mile are not permitted to double in another event. The potential to compete in multiple events is typically not permitted, but reviewed on a case-by-case basis.

## HIGH SCHOOL INDIVIDUAL RUNNING EVENTS

### **60m Dash**

Field Size: 9

Heats: 1

Winner of Millrose Trials, next 8 by invitation

Sanction/Rules: USATF

2024 Entry Cut-Off: 6.9 boys / 7.6 girls

2025 Projected Entry Cut-Off: 6.45 boys / 7.5 girls

### **300m Dash**

Field Size: 10

Heats: 2

By invitation only

Sanction/Rules: USATF

2024 Entry Cut-Off: 34.69 boys / 39.9 girls

2025 Projected Entry Cut-Off: 34.5 boys / 39.5 girls

### **600m Dash**

Field Size: 6

Heats: 1

By invitation only

Sanction/Rules: USATF

2024 Entry Cut-Off: 1:21.3 boys / 1:33.6 girls

2025 Projected Entry Cut-Off: 1:21.0 boys / 1:33.0 girls

### **Nike Invitational Mile**

Field Size: 15 max

Heats: 1

Winner of Hispanic Games Mile (January 4)

Winner of Millrose Trials Mile (January 8)

Winner of Officials Hall of Fame (January 11)

Winner of Dr. Sander Scorchner 1000m (January 25)

*\*Winners of above events must have a PR of 4:14 (boys) / 4:54 (girls)*

The rest of the field will be filled by invitation.

Sanction/Rules: USATF

2024 Entry Cut-Off: 4:15.77 boys / 4:52.6 girls

2025 Projected Entry Cut-Off: 4:10.0 boys / 4:50.0 girls

## HIGH SCHOOL INDIVIDUAL FIELD EVENTS

### Long Jump

Field Size: 8

By invitation only

Sanction/Rules: USATF

2024 Entry Cut-Off (TJ Contested in 2024): 46-11.5 boys / 38-0.25 girls

2025 Projected Entry Cut-Off: 23-0 boys / 18-0 girls

### Weight Throw

Field Size: 10

Top 3 at Millrose Trials; The rest of the field will be filled by invitation

Contact Greg Jaloszynski ([greg@12throck.org](mailto:greg@12throck.org)) for information about Weight Throw

Sanction/Rules: USATF

2024 Entry Cut-Off: 60-06.50 boys / 45-5.00 girls

2025 Projected Entry Cut-Off: 62-0.00 boys / 46-0.00 girls

### Pole Vault

Field Size: 10

By Invitation Only

Contact Tim St. Lawrence ([coachst@gmail.com](mailto:coachst@gmail.com)) for information about Pole Vault

Sanction/Rules: USATF

2024 Entry Cut-Off: 14-00 boys / 12-6 girls

2025 Projected Entry Cut-Off: 14-5 boys / 12-8 girls

## HIGH SCHOOL RELAYS

### **4x200m Relay Invitational**

Field Size: 6

Heats: 1

By invitation only

*\*Winning Millrose Trials in this event does not guarantee that you will be invited*

Sanction/Rules: USATF

2024 Entry Cut-Off: 1:28.85 boys / 1:40.75 girls

2025 Projected Entry Cut-Off: 1:28.0 boys / 1:41.0 girls

### **4x400m Relay Invitational**

Field Size: 6

Heats: 1

By invitation only

Sanction/Rules: USATF

2025 Projected Entry Cut-Off: 3:22.0 boys / 3:46.0 girls

### **4x400m Relay Private School**

Field Size: 6

Heats: 1

Top 3 at Trials, plus by invitation

Sanction/Rules: NFHS

2025 Projected Entry Cut-Off: 3:30.0 boys / 4:00 girls

### **4x400m Relay Suburban**

Field Size: 6

Heats: 1

From Millrose Trials: Winner of each division, plus next 3 fastest times

Sanction/Rules: NFHS

2024 Entry Cut-Off: 3:25.87 boys / 4:07.30 girls

2025 Projected Entry Cut-Off: 3:25.0 boys / 4:05.0 girls

### **4x400m Relay Long Island**

Field Size: 6

Heats: 1

From Millrose Trials: Winner of each of the last 2 heats at trials, plus next 4 fastest times

Sanction/Rules: NFHS

2024 Entry Cut-Off: 3:30.52 boys / 4:08.7 girls

2025 Projected Entry Cut-Off: 3:30.0 boys / 4:05.0 girls

**4x400 CHSAA (Girls Only)**

Field Size: 6

Heats: 1

CHSAA/ George Febles (feblesg@fordhamprep.org)

Sanction/Rules: NFHS

**4x400m Relay PSAL**

Field Size: 6

Heats: 1

Winner of each of the last 2 heats at trials, plus next 4 fastest

Sanction/Rules: NFHS

2024 Entry Cut-Off: 3:37.39 boys / 4:16.6 girls

2025 Projected Entry Cut-Off: 3:35.0 boys / 4:10.0 girls

**4x800m Relay Invitational**

Field Size: 12

Heats: 1

Winner of Millrose Trials, plus by invitation

Sanction/NFHS: NFHS

2024 Entry Cut-Off: 8:05.0 boys / 9:35.0 girls

2025 Projected Entry Cut-Off: 8:03.0 boys / 9:30.0 girls

**4x800 CHSAA (Boys Only)**

Heats: 1

CHSAA/ George Febles (feblesg@fordhamprep.org)

Sanction/Rules: NFHS

## **YOUTH**

*\*Proof of age must be provided to [thompsonb@armorytrack.org](mailto:thompsonb@armorytrack.org)  
within 48 hours of The Millrose Trials.*

### **Fastest Kid in the World 55m Dash (8&Under)**

Field Size: 10

Heats: 1

Top 7 from Millrose Trials, 3 by invitation

Sanction/Rules: USATF

### **Armory 400m Dash**

Field Size: 6

Heats: 1

Top 4 from Millrose Trials, 2 by invitation

Sanction/Rules: USATF

2024 Entry Cut-Off: 59.47 boys / 1:03.34 girls

2025 Projected Entry Cut-Off: 59.0 / 62.0 girls

### **NYRR Youth 800m Run**

Fields determined by Rising NYRR ([risingnyrr@nyrr.org](mailto:risingnyrr@nyrr.org))

### **4x200m Relay**

Field Size: 6

Heats: 1

Top 4 from Millrose Trials, 2 by invitation

Sanction/Rules: USATF

2024 Entry Cut-Off: 1:54.90 boys / 1:55.09 girls

2025 Projected Entry Cut-Off: 1:53.0 boys / 1:54.0 girls

## **COLLEGE**

### **College 4x400m Relay**

Field Size: 6

Heats: 1

How to qualify: Invitational

Sanction/Rules: NCAA

2024 Entry Cut-Off: 3:20 Men / 3:50 Women

2025 Projected Entry Cut-Off: 3:20 Men / 3:50 Women

## **ADULT/MASTERS**

*Deadline for all Elite Club & Masters' entrants is January 24th, 2025 @11:59 PM. Times run on or after the 2024 Millrose Games thru 1/24/25 will be considered for eligibility.*

### **Elite Club Distance Medley Relay (Men & Women)**

Field Size:12

Heats: 1

How to qualify: All participants, including alternates, must have a current 2025 USATF membership, using their home address, and affiliated with one club; no all-star teams allowed. A seed time must be entered for each team along with a qualifying performance supporting the validity of the declared seed time. Qualifying performances run on or after the 2024 Millrose Games thru 1/24/25 will be considered for eligibility.

2024 Entry Cut-Off: 10:40.00 Men / 12:22.00 Women

2025 Projected Entry Cut-Off: 10:40.00 Men / 12:22.00 Women

### **Elite Club 4x200m Relay (Men & Women)**

2024 Entry Cut-Off: 1:30.00 Men / 1:52.00 Women

2025 Projected Entry Cut-Off: 1:30.00 Men / 1:52.00 Women

### **Masters 4x400m Relay (Men & Women, 40+/50+/60+/70+)**

2024 Entry Cut-Off: 4:04.00 M40+ / 4:37.00 M50+ / 5:08.00 M60+ / 5:30.00 M70+ / 4:49.00 W40+ / 5:13.00 W50+ / 6:45.00 W60+ / 5:30.00 W70+

2025 Projected Entry Cut-Off: 2024 Entry Cut-Off: 4:04.00 M40+ / 4:37.00 M50+ / 5:08.00 M60+ / 5:30.00 M70+ / 4:49.00 W40+ / 5:13.00 W50+ / 6:45.00 W60+ / 5:30.00 W70+