

MILLROSE GAMES
NIKE TRACK & FIELD CENTER
★ **AT THE ARMORY** ★

Millrose Games Trials: WEDNESDAY, JANUARY 7, 2026

Millrose Games: SUNDAY, FEBRUARY 1, 2026

millrosegames.org

POINTS OF CONTACT

High School Events:

Tim Fulton

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Youth Events:

Bassett Thompson

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Collegiate Events:

Zakia Haywood

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Open/Masters Events:

Owen Mittenthal

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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

Meeting the projected entry cut-off does not guarantee acceptance into the meet. These are guidelines to give you an idea of what the standard is expected to be. Invitations are based on personal bests and current national rankings of performances from this season.

60m Dash

Field Size: 9

Heats: 1

Winner of Millrose Trials, next 8 by invitation

Sanction/Rules: USATF

2025 Entry Cut-Off: 6.9 boys / 7.6 girls

2026 Projected Entry Cut-Off: 6.85 boys / 7.5 girls

60m Hurdles (Girls)

Field Size: 9

Heats: 1

Sanction/Rules: USATF

2025 Entry Cut-Off: N/A

2026 Projected Entry Cut-Off: 8.70

300m Dash

Field Size: 10

Heats: 2

By invitation only

Sanction/Rules: USATF

2025 Entry Cut-Off: 34.69 boys / 39.9 girls

2026 Projected Entry Cut-Off: 34.5 boys / 39.5 girls

400m Dash (Boys)

Field Size: 5

Heats: 1

By invitation only

Sanction/Rules: USATF

2025 Entry Cut-Off: N/A

2026 Projected Entry Cut-Off: 47.5

600m Dash

Field Size: 6

Heats: 1

By invitation only

Sanction/Rules: USATF

2025 Entry Cut-Off: 1:21.3 boys / 1:33.6 girls

2026 Projected Entry Cut-Off: 1:20.0 boys / 1:33.0 girls

Nike Invitational Mile

Field Size: 15 max

Heats: 1

Winner of Apple Bank Hispanic Games Mile (January 2-3)

Winner of Millrose Trials Mile (January 7)

**Winners of above events must have a PR of 4:14 (boys) / 4:52 (girls)*

The rest of the field will be filled by invitation.

Sanction/Rules: USATF

2025 Entry Cut-Off: 4:15.77 boys / 4:52.6 girls

2026 Projected Entry Cut-Off: 4:10.0 boys / 4:50.0 girls

HIGH SCHOOL INDIVIDUAL FIELD EVENTS

Triple Jump

Field Size: 8

By invitation only

Sanction/Rules: USATF

2025 Entry Cut-Off (TJ Contested in 2024): 46-11.5 boys / 38-0.25 girls

2026 Projected Entry Cut-Off: 48-0 boys / 40-5 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) for information about Weight Throw

Sanction/Rules: USATF

2025 Entry Cut-Off: 60-06.50 boys / 45-5.00 girls

2026 Projected Entry Cut-Off: 62-0.00 boys / 46-0.00 girls

Pole Vault

Field Size: 10

Winner of Millrose Trials; The rest of the field will be filled by invitation.

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

Sanction/Rules: USATF

2025 Entry Cut-Off: 14-00 boys / 12-6 girls

2026 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

2025 Entry Cut-Off: 1:28.85 boys / 1:40.75 girls

2026 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

2026 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

2026 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

2025 Entry Cut-Off: 3:25.87 boys / 4:07.30 girls

2026 Projected Entry Cut-Off: 3:25.0 boys / 4:05.0 girls

4x400m Relay Long Island

Field Size: 6

Heats: 1

From Millrose Trials: Top Team from Nassau & Suffolk County, next 4 times

Sanction/Rules: NFHS

2025 Entry Cut-Off: 3:30.52 boys / 4:08.7 girls

2026 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

2025 Entry Cut-Off: 3:37.39 boys / 4:16.6 girls

2026 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/Rules: NFHS

2025 Entry Cut-Off: 8:05.0 boys / 9:35.0 girls

2026 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
within 48 hours of The Millrose Trials.*

[Please see this document for full information.](#)

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

MUST BE 8 OR YOUNGER ON FEB 1*

Field Size: 10

Heats: 1

Top 7 from Millrose Trials, 3 by invitation

Sanction/Rules: USATF

Armory 400m Dash

MUST BE 12 OR YOUNGER ON FEB 1*

Field Size: 6

Heats: 1

Top 4 from Millrose Trials, 2 by invitation

Sanction/Rules: USATF

2025 Entry Cut-Off: 59.47 boys / 1:03.34 girls

2026 Projected Entry Cut-Off: 59.0 / 62.0 girls

NYRR Youth 800m Run

Fields determined by Rising NYRR (risingnyrr@nyrr.org)

4x200m Relay

MUST BE 12 OR YOUNGER ON FEB 1*

Field Size: 6

Heats: 1

Top 4 from Millrose Trials, 2 by invitation

Sanction/Rules: USATF

2025 Entry Cut-Off: 1:54.90 boys / 1:55.09 girls

2026 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

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

2026 Projected Entry Cut-Off: 3:20 Men / 3:50 Women

ADULT/MASTERS

Deadline for all Elite Club & Masters' entrants is January 16th, 2026 @11:59 PM. Times run on or after the 2025 Millrose Games thru 1/16/26 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 2026 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 2025 Millrose Games thru 1/16/26 will be considered for eligibility.

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

2026 Projected Entry Cut-Off: 10:40.00 Men / 12:22.00 Women

Elite Club 4x200m Relay (Men & Women)

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

2026 Projected Entry Cut-Off: 1:30.00 Men / 1:52.00 Women

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

2025 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+

2026 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+ / 6:45.00 W70+