



MILLROSE GAMES TRIALS

YOUTH EVENT INFORMATION

Time: 4:00pm - 10:00pm

Age: Youth

Youth Contact: Bassett Thompson, thompsonb@armorytrack.org

Reserved Seating Info: Rows 1 & 2 \$35, Rows 3 & 4 \$25.

General Admission Info: Adults \$12, Students \$5, Children under 3 feet 6 inches free.

Spike Policy: The only acceptable spikes allowed on the Armory track surface are ¼-inch pyramid spikes. **No shoes with a three spike configuration are allowed.** All spikes must be checked prior to competition.

Food Policy: Outside food and beverage is NOT allowed to be brought into the arena. The Armory provides the opportunity for individual food/beverage purchases and team vouchers at The Refuel Zone cafe.

About

The Millrose Games Trials is a USATF sanctioned event to be held on Wednesday, January 7, 2026 for qualification into the 118th Millrose Games on Sunday, February 1, 2026.

Pre-Meet Instructions

Registration Steps

Go to athletic.net and add the meet to your team's calendar. On your athletic.net team page, find the meet name and click "Enter Athletes." **You must enter athletes into specific events with seed times.**

Registration is \$25 per event, and \$30 per relay team.

All athletes should have their date of birth entered in their athletic.net profile before they are registered ([help guide](#)).

Per USATF Rule 300.1b: "The athlete's year of birth shall determine the division in which the athlete shall compete."

All athletes must be entered in their correct age division (please see on next page).

The following age divisions will be used for the youth events at Millrose Trials and the 118th Millrose Games:

<u>Age Division</u>	<u>Birth Year</u>
8 & Under	2018 +
12 & Under	2014 +

Age divisions will be used for the youth events at Millrose Trials and the 118th Millrose Games will be determined by the athlete's age on the date of the 118th Millrose Games (February 1, 2026).

Download & print your online entry confirmation from athletic.net.

All registered teams/clubs/athletes must pay all entry fees online through athletic.net before the entry deadline. If your status is marked as "confirmed" on athletic.net, then you are set to compete.

Unattached athletes will be prompted to make an online payment within 30 minutes of registering. Failure to do so will result in registration being cleared/deleted.

Entries & Seeding

Once the deadline has passed, all seed marks will be reviewed. Coaches will be notified of accepted entries by Tuesday, January 6th. Heat sheets will be posted before the meet on armorytrack.live.

All events will be seeded slow to fast. The fastest two heats of the 4x200m Relay, and the 400m Dash will be seeded equally.

Depending on the number of entries, the slower heats of the 400m Dash may be run with a two-turn alley start.

Meet Day Information

Packet Pickup

There is no packet pickup for the Millrose Trials.

Coach Credentials

All registered clubs/teams will receive one complimentary coach wristband. Additional wristbands will be distributed based on the total number of athletes for a specific club/team. Any additional coaches will have to pay the admission fee at the front desk.

Coach Credential Distribution

<u>Athlete Count</u>	<u>Coach Wristbands</u>
1-10	1
11-25	2
26-40	3
41 +	4

Warm-Up Area

The Armory has two warm-up hallways on the second floor. The track will be open for warm-ups until clerking is called for the first event.

Track Events

Clerking for all oval running events will be done on the apron outside the track along the first turn (underneath the end wall scoreboard).

Clerking for all infield running events will be done at the starting line of the 55m (next to the first turn and the clerking area).

All heats of the 400m Dash, whether starting in lanes or with an alley start, will be run with a two turn stagger.

All heats of the 4x200m Relay will be run with a three turn stagger.

Results

Live results will be available on armorytrack.live.

In the case of an appeal on a referee decision, “only video as designated official by the Games Committee before the competition may be used.” (USATF Rule 119.4c)

Store Information

The Armory Store will be open during the meet.

Youth Events at The 118th Millrose Games

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

Field Size: 10

Top 7 Times Qualify to Millrose Games, Next 3 Athletes by Invitation

400m Dash (12 & Under)

Field Size: 6

Top 4 Times Qualify to Millrose Games, Next 2 Athletes by Invitation

4x200m Relay (12 & Under)

Field Size: 6

Fastest 4 Teams Qualify to Millrose Games, Next 2 Teams by Invitation

Rising NYRR 800m Run

All fields at Millrose Trials and the Millrose Games are determined through [Rising New York Road Runners](#). For more information, please email risingnyrr@nyrr.org.

All coaches that have athletes/relay teams that qualify for the 118th Millrose Games will have to fill out paperwork at the table across from the entrance to the Clerking Area.

The date of birth of each youth qualifier must be verified with Bassett Thompson (Director of Track & Field) in order to compete at the 118th Millrose Games. Proof of age must be provided to thompsonb@armorytrack.org within 48 hours of the Millrose Trials.

At the 118th Millrose Games, one coaching pass is provided for each entry. We encourage other coaches, parents, and friends to purchase tickets early, as we anticipate that tickets will sell-out.