

St. Joseph's CYO Ronkonkoma Spring Meet #2

Date: Saturday, May 30, 2015
(Rain date Sunday, May 31, 2015
at Sequoia MS, Waverly Ave., Holtsville)

Location : Connetquot High School
190 Seventh Street, Bohemia

Times: Gr. K-3 report at 10:00 am, with 10:30 am start
Gr. 4-8 report at 12:30 pm with 1:00 pm start

Directions to Connetquot HS: From LIE--- east to exit 60 stay on service road to Patchogue-Holbrook Rd. Make a right on Patchogue-Holbrook Rd. and make right at first traffic light onto Main St., pass three traffic lights, the school will be on your right. From west take exit 61 make left onto Patchogue-Holbrook Rd. and follow directions above to school. From Sunrise Hwy --- east to Exit 50. Continue on service road to Broadway, make left. Continue north about 2 miles to Main St.. Make left after Coastal gas station. School is on left.

Events: (Grades K – 3)	(Grades 4 – 8)
200 meter relay (4 x 50)	300 medley relay (100-50-50-100)
300 meter medley (100-50-50-100)	400 meter relay (4 x 100)
400 meter relay (4 x 100)	400 meter medley (100-50-50-200)
55 meter dash	SMR (200-100-100-400)
100 meter dash	100 meter dash
80 meter dash (medal race)	200 meter dash

Cost: \$300.00 for teams with 75+ participants, \$250.00 for teams with between 50 – 75, and \$200 for less than 50. (check due on day of meet)

Misc. Snack stand, portable potty.

**** SPECIAL NOTE ** The maximum number of races per runner is two; three if needed to permit other team members to run two. The medal race is only for those who did not win an award. No limit on the number of entries per race.**

Please RSVP by contacting Jerry at (631) 585-4048 or jrigoros@yahoo.com