ST JOSEPH’S CYO – RONKONKOMA

Spring 2022 TRACK MEET - May 14th at Sequoya School – Waverly Ave – Holtsville

**RAIN DATE SUNDAY MAY 15th ( same times)**

**EARLY SESSION… Grades K – 3 Report at 10:30am**

EVENTS : K -1-2-3 - 160 Relay : Grades 3-2-1- K Girls followed by Boys

1-2-3 - 200 Relay : Grades 3-2-1 Girls followed by Boys

1-2-3 - 330 Medley ( 100-50-50-100) : Grades 3-2-1 Girls Followed by Boys

1-2-3 - 50 Yard dash : Grades 3-2-1 Girls followed by Boys

1-2-3 – 80 Yard Dash : Grades 3-2-1 Girls followed by Boys

**AFTERNOON SESSION : Grades 4- 7/8 REPORT at 12:30pm**

EVENTS : 330 Medley (100-50-50-110) : Grades 4-5-6-7/8 - Girls then Boys

4 X 100 Relay : Grades 4-5-6-7/8 – Girls then Boys

400 Medley (100-50-50-200) : Grade 4-5-6-7/8 Girls then Boys

100 Yard Dash : Grades 4-5-6-7/8 Girls then Boys

200 Yard Dash : Grade 4-5-6-7/8 Girls then Boys

**GRADES 4 -5-6-7/8 LONG JUMP..** report times Girls and Boys

Grade 4 - 11am, Grade 5 - 11:15am, Grade 6 – 11:30am, Grade 7/8 - Noon

You can ONLY have 2 entries per grade and per Gender in Dashes & Long Jump.

Every Athlete can RUN TWICE.. THIS WILL BE STRICTLY ENFORCED and MONITORED.

PLEASE DO NOT Make us have to ask to have a Runner removed b/c they are running 3X’s.

Once a runner runs TWICE in a Relay they cannot be in a dash, in any grade.

2 Entries in dashes and Long Jump per Grade & Gender: STRICTLY ENFORCED.

Fee: $ 250 schools (under 50 athletes) & Big Schools $350 : unless we do a FEE SWAP.

Please let’s make this a FUN MEET giving every Athlete the opportunity to Run Twice with a Fair chance for a MEDAL. There are NO Medal Races for any Grade.