

# *2019 Sacred Heart Invitational*

**DATE:** Sat., June 15, 2019

**LOCATION:** Calhoun High School, 1786 State Street, Merrick

**TIME:** Grades K-3: Coaches meeting 9:00; first race 9:15 am.  
Grades 4-8: Coaches meeting 12:00; first race 12:15

## **EVENTS**

Please limit the children in your programs to 3 events.

Events will be run K, 1, 2, 3 girls, then boys in the morning; grades 4, 5, 6, 7/8 girls, then boys in the afternoon. Girls can run in the boy's races; boys may not run in girl's races.

### **MORNING SESSION - Grades K - 3**

160 Meter Relay - Grades K - 1

200 Meter Relay - Grades K - 3

240 Meter Relay - Grades K – 3 (medal race)

300 Meter Medley (100/50/50/100) - Grades 1 – 3

50 meter pre-school race

Coaches/Alumni 4 x 100 – time permitting (limit to first six teams)

### **AFTERNOON SESSION - Grades 4 - 8**

800m run – grades 5/6/7&8 (trophies to first place boy and girl in each grade)

300-Meter Medley (100/50/50/100) - Grades 4 – 8

400-Meter Relay – Grades 4 – 8

400-Meter Medley (100/50/50/200) - Grades 4 – 8

800-Meter Relay

## **COST PER TEAM**

\$350 per program includes both boys and girls.

Please make your checks payable to "Sacred Heart CYO"

Send them to: Susan Carroll, 43 Winifred Drive, Merrick, NY 11566

## **DIRECTIONS**

**From the North:** Southern State Parkway to exit 23S (Meadowbrook Road). Go about 3/4 mile. Make a left on Webster Ave. School and track are straight ahead.

**From the South:** Sunrise Highway to Merrick Ave. heading North about a half mile. Make a left onto Horatio Ave. Go 8 blocks. Make a right on State St. School is straight ahead. Track around back on the left.

Link to HS map : <http://www.bellmore-merrick.k12.ny.us/calhoun/map.html>

## **MISCELLANEOUS**

- Parents will not be allowed on the infield. Families can watch the races in the stands on either side of the track. Please set up your team canopies on the South or West end of the field.
- Food and drinks will be available starting at 9:00 AM at the concession stand at the south end of the field.
- Bathrooms in the school will be accessible. Please make use of the available garbage containers and garbage bags to dispose of trash and recycle water bottles.

## **QUESTIONS**

Susan Carroll: (516)236-1573 or [susancarroll925@aol.com](mailto:susancarroll925@aol.com)

We are looking forward to a great day! We welcome any walkers or volunteer parents.

Thanks in advance for your help and cooperation.

Sincerely,

Sue