



## 2019 TRACK MEET

**DATE:** Saturday, May 25, 2019 (rain date Sunday May 26, 2019)

**TIMES:** Grades K-3 Coaches meeting 8:45 am, clerking 9:00 am, 1<sup>st</sup> race 9:15 am

Grades 4-8 Coaches meeting 12:00 pm, clerking 12:15 pm, 1<sup>st</sup> race 12:30 pm

**PLACE:** Holy Trinity Diocesan High School 98 Cherry Lane, Hicksville, NY 11801

**COST:** \$350.00 per parish or if you prefer a “swap” if we are coming to your meet. (Smaller parishes contact me for reduced fee). Make checks payable to “Holy Family CYO” and bring them to the meet

**DIRECTIONS/PARKING:**

We recommend that you google for directions. Note that although the entrance is on Cherry Lane you can also approach and enter the track from Newbridge Road (Route 106). **PARKING:** The school has a medium sized lot that fills fast.

**ADDITIONAL INFO:** Refreshments, restrooms and bleacher seating will be available. **Volunteers** from each parish to assist are welcome. **Medals** will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places with **ribbons** to 4<sup>th</sup>. & 5<sup>th</sup> (five lane track).

**CONTACT:**

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### SCHEDULE OF EVENTS

EVENTS	GRADES							
	K	1	2	3	4	5	6	7&8
200 Relay (50-50-50-50)	X	X	X	X				
250 Medley (50-50-50-100)	X	X	X	X				
300 Medley (100-50-50-100)	X	X	X	X	X	X		
400 Relay (100-100-100-100)					X	X	X	X
400 Medley (100-50-50-200)					X	X	X	X
800 Relay (200-200-200-200)							X	X
60 Meter Dash	X	X						
100 Meter Dash			X	X	X	X	X	X

- Please try to limit the number of times each child runs to THREE and the number of medals to TWO
- Girls can run in boy events but boys can not run in the girl events. Children can “run up” a grade
- You can run multiple teams in one heat/race if it helps to allow all your kids to run three times each
- In the morning we will start with girls, grades K to 3, followed by boys in the same order. In the afternoon, we will start with girl’s grades 4 through 8, followed by boys in the same order.
- Medal Races: for grades K-3 only