



2022 TRACK MEET

DATE: SATURDAY, May 28, 2022 (RAIN DATE May 29)

TIMES:

Grades K-3 Coaches meeting 8:45 am, clerking 9:00 am, 1st race 9:15 am

Grades 4-5 Coaches meeting 11:30 am, clerking 11:45 am, 1st race 12 noon

Grades 6-7/8 Coaches meeting 1:00 pm, clerking 1:15pm, 1st race 1:30 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 1st, 2nd & 3rd places with **ribbons** to 4th. & 5th (five lane track).

CONTACT:

Bryan DeRuvo (516) 474-7028 bderuvo@gmail.com

John Colonna (516) 302-6219 johncolonna@yahoo.com

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