

St. Aidan's 2019 CYO Spring Track Meet

You are invited to the St. Aidan's 2019 CYO Spring Track Meet at The Wheatley High School in Old Westbury, NY.

DATE:

Saturday, June 1, 2019 (rain date Sunday, June 2, 2019)

LOCATION:

The Wheatley High School is located at
10 Bacon Road, Old Westbury, NY 11568.

TIME:

The morning session for grades K – 3rd will commence with a coaches meeting at 9:15 AM. Clerking for the first race will begin at 9:30 AM.

The afternoon session for grades 4th – 8th will commence with a coaches meeting at 12:45 PM. Clerking for the first race will begin at 1:00 PM.

EVENTS: Please limit the athletes in your programs to 3 races total per athlete; 2 athletes per *individual event* per team/grade/gender.

MORNING SESSION

200 Meter Relay (4 x 50): Grades K – 1

250 Meter Medley (50–50–50–100): Grades K – 3

300 Meter Medley (100–50–50–100): Grades K – 3 (*Medal Race K & 1*)

400 Meter Relay (4 x 100): Grades 2 – 3 (*Medal Race 2 & 3*)

50 Meter Dash: Grades K – 3

AFTERNOON SESSION

One Mile Run: Grades 5 – 7/8

400 Meter Relay (4 x 100): Grades 4 – 7/8

400 Meter Medley (100 – 50 – 50 – 200): Grades 4 – 7/8

800 Meter Relay (4 x 200): Grades 4 – 7/8

100 Meter Dash: Grades 4 – 7/8

COST PER PROGRAM: \$350 per program.

Please send your check, payable to **St. Aidan CYO** to:

**St. Aidan's Spring Meet
c/o Mary-Ellen Amatulli
305 Wilson Blvd.
Mineola, NY 11501**

Make sure that with the check, you indicate what team it is for.

RSVP by May 8th your intent to participate in the meet to staidanstrack@gmail.com with an estimate of the number of athletes in each session.

DIRECTIONS:

From West; Take Northern State Parkway East, exit towards I U Willets Road, make right onto I U Willets then slight right towards Bacon Road, school will be on the left. From East; Take Northern State Parkway West to Exit 32 towards Westbury, make right onto Post Avenue, make left onto Jericho Turnpike, then use right two lanes to turn slightly right onto Hillside Avenue, make first right onto Bacon Road, school will be on the right.

MISCELLANEOUS:

-Parents and other spectators will **not** be allowed onto the infield. ***Please remind your parents.*** This will be strictly enforced.

-Grandstand seating is available for spectators.

-Refreshments will be sold at the meet.

-Please make use of the available garbage containers and garbage bags to dispose of trash and water bottles to ensure we continue to be welcome at this venue in coming years.

QUESTIONS: If you have any questions, please call Mary-Ellen Amatulli at (516) 603-2373 or email at staidanstrack@gmail.com.