



The Stephen Higgins Memorial Track Meet

Date: Sunday, May 5, 2019
Location: Lynbrook South Middle School 333 Union Ave, Lynbrook
Cost: \$350.00. Checks made payable to St. Raymond CYO. Checks can be mailed to Amy Kelly 16 Denton Ave, East Rockaway, NY 11518

Order of Events

9:00 Kindergarten and 1st Grade

200m Relay (50, 50, 50, 50)
250m Medley (50, 50, 50,100)
300m Medley (100, 50, 50,100)* medal race
50m Dash

11:00 2nd and 3rd Grades

200m Relay (50, 50, 50, 50)
250m Medley (50, 50, 50,100)
300m Medley (100, 50, 50,100)* medal race
50m Dash (2nd grade only)
100m Dash (3rd grade only)

1:00 4th thru 8th Grades

800m Run (4 races - 4/5 Girls, 6, 7/8 Girls, 4/5 Boys, 6, 7/8 Boys)
300m Medley (100, 50, 50,100)
400m Relay (100, 100, 100, 100)
400m Medley (100, 50, 50, 200)
200m Dash (time permitting)

Coaches Notes

- 1 – Girls run first, followed by boys. Girls are permitted to run with boys, boys are not permitted to run with girls.
- 2 – Please limit each runner to a maximum of 3 races.
- 3 – Dashes – please limit to 3 runners per parish. Please limit dashes to one per runner.
- 4 – Clerking for all races will begin 10 minutes prior to race time.
- 5 – Coaches meetings will take place at 8:45, 10:45 and 12:45.
- 6 – Parking is limited. Carpool if possible.
- 7 – Refreshments will be available for purchase by the Saint Raymond Knights of Columbus.
- 8 – Please bring chairs, as bleacher space is minimal.
- 9 – Bathroom facilities are available.

Questions? Contact Amy Kelly (Girls Coach) 516-987-7081 or Tom Chojnacki (Boys Coach) 516-376-0689.