

Our Lady of Lourdes Track Meet

Date: **May 7, 2022**

Location: Malverne HS 80 Ocean Ave, Malverne, NY 11565

MORNING

8:30 — Coaches meeting

8:45 — Clerking grades K-1

10:00 — Coaches meeting grades 2-3

10:15 — Clerking grades 2-3

AFTERNOON

12:15 — Coaches meeting grades 4-5

12:30 — Clerking grades 4-5

2:15 — Coaches meeting grades 6-8

2:30 — Clerking grades 6-8

Cost: \$350 per team (or \$175 for each boys and girls team) made payable to Our Lady of Lourdes CYO, mail check to Jan Kasal, 11 Lynn Ct, Malverne, NY 11565

General information:

The high school is located East of Ocean Ave. There are 2 parking lots. Both accessible from Ocean Ave. One before you reach the school and another after you pass the school. Combined, they hold about 150 cars. Streets on the opposite side of Ocean Ave and streets behind the track are also available.

We will sell water, soda, and an assortment of snacks at the concession stand. The restrooms will be available at the concession stand and also at the side of the high school.

There is a limit of 3 events for each runner. Individual sprints are only for those who didn't run in 3 relays (regardless of medaling). For example, they came late, missed a run, etc. The medals are for 1-3 placements. No participation medals or ribbons (including K-3).

Only coaches and walker volunteers are allowed on the infield. Spectators need to stay outside. If you have an adult accompanying a child with special needs, introduce them to me and to the "gatekeepers." We welcome help from parents, assistant coaches of other parishes who **previously attended meets** and know what is involved. Our team is young, mostly first-timers.

If you have any questions, please contact: Jan Kasal, vevajanka@hotmail.com, 516.593.9102

OLL Track Meet May 7, 2022

Morning session:

Welcome K-1, clerking K-1

1. 160 m relay (4x40) grades **K and 1st only**
2. 200 m relay (4x50) grades **K and 1st only**

Welcome 2-3, clerking **K-3**

3. 250 m medley (50, 50, 50, 100) - **K-3**
4. 60 m sprint for grades **K-1 only few who didn't run previous 3 events!**
5. 300 m medley (100, 50, 50, 100) - grades **2-3**
6. 400 m relay (4x100) - grades **2-3**
7. 100 m sprint for grades **2-3** who didn't run previous 3 events!

Afternoon Session:

Welcome 4-5, clerking **4-5**

1. 800 m run - grades **4-5**
2. 300 m medley (100, 50, 50, 100) grades **4-5**

Welcome 6-8, clerking **4-8**

3. 400 m relay (4x100) grades **4-8**
4. 200 m sprint for grades **4-5 only few who didn't run previous 3 events**
5. 400 m medley (100, 50, 50, 200) grades **6-8**
6. 800 m medley* (200, 100, 100, 400) grades **6-8**
7. 200 m sprint for grades **6-8** who didn't run previous 3 events

Medals for 1st, 2nd, 3rd placement. Limit your athletes to 3 events.

*There is a limit of one team per gender, per grade for 800 medley. Grades 7 and 8 count as ONE grade, you may not enter a 7th and 8th grade teams separately.

Events may be slightly modified depending on how many teams attend and what the flow of the meet will be.