

## Our Lady of Lourdes Track Meet 2019

**Date:** May 11, 2019

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

**Time:** K-3 Coaches Meeting 8:45, Clerking 9 am  
4-8 Coaches Meeting 12:00, Clerking 12:15

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

Concession stand will be available.

**Please note:**

There are 2 parking lots. Both accessible from Ocean Ave.

Girls are allowed to run in boy heats, but not the other way around.

There is a limit of **3 races for each runner**.

Individual dashes are for those who didn't get a medal in team competitions.

Only coaches and walker volunteers are allowed on the infield, spectators should sit in the bleachers. Only water is allowed on the infield. We will be selling food and other beverages, but those items must remain outside the track fences.

If you have any questions, please contact:

Jan Kasal

[vevajanka@hotmail.com](mailto:vevajanka@hotmail.com)

H#: 516.593.9102

# OLL Track Meet May 11, 2019

**Order of Events:** Girls followed by boys

## **Morning session:**

200 Relay 1st and K only. - **1st followed by K.**  
250 Medley (50, 50, 50, 100) - 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, K (medal race)  
300 Medley(100, 50, 50, 100) - 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup>, K  
400 Relay - 3<sup>rd</sup>, 2<sup>nd</sup> only  
60 Dash 1<sup>st</sup> and K  
100 Dash 3<sup>rd</sup> and 2<sup>nd</sup>

## **Afternoon Session:**

800 Run  
300 Medley (100, 50, 50, 100) 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7-8<sup>th</sup>  
400 Relay  
400 Medley (100, 50, 50, 200)  
800 Medley\* (200, 100, 100, 400) coaches, play this scenario in your mind,  
visualize where the legs are placed

If time allows, we will also have a 200m dash in the afternoon session.

Medals for 1st, 2nd, 3rd placement, then ribbons; no ribbons for the older (4-8) group.

**Please try to 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 an 8th grade team.

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

## **Note:**

We will have access to use the HS restrooms. To continue to have this access for future years, we would like to ask your cooperation in being as neat as possible when using the facilities.