



St. Rose of Lima 2019 Track Meet **Sunday May 19th - Rain Date May 26th**

Location:

Massapequa HS 4925 Merrick Rd. Massapequa New York 11758

Time:

K-3 grades: coaches meeting at 9:15. First race 9:30

4-8 grades: coaches meeting at 12:15 First race at 12:30

Please limit each runner to **TWO** events. Girls will run. Then Boys. Runners can move up one grade only. We set up the races so hopefully each runner will run one relay and one dash

Events:

Morning Session: K-3

- 300 medley (100-50-50-100)
- 55 meter Dash
- 400 meter Relay
- 100 meter Dash
- 200M Dash (3rd Grade only and can be 3rd event for runner)

Afternoon Session: 4-8

- 400 meter Relay
- 200 meter Dash
- 800 meter Relay
- 100 meter Dash
- 400 meter Run – limit 3 per grade and can be 3rd event for runner)

Cost per program: \$350.00

Please make checks payable to:

St. Rose CYO C/O Lucy Weyer

2 Bayview Ave

Massapequa, NY 11758

Parents need to remain in the Grandstand. No one permitted on infield except coaches, runners, and volunteers with issued badges. Each team must remain in their designated area. **NO EXCEPTIONS**
Contact Wayne at 917-969-0033 or email trackcoachwayne@gmail.com