



CYO DIOCESAN TRACK LEAGUE 2025 INDOOR SEASON FACT SHEET

MEETS:

CYO St. Anthony Classic: Sunday, February 9, 2025. 12:00 PM to 05:00 PM
CYO Ragazzo Relays: Sunday, March 2, 2025. 12:00 PM to 05:00 PM

All the meets are at St. Anthony's HS, 287 Pidgeon Hill Road, Huntington Station, 11746.

Sunday, February 9, 2025:

Doors open at 12:30 PM for coaches and 12:45 for everyone else.

Sunday, March 2, 2025:

Doors open at 12:30 PM for coaches and 12:45 for everyone else.

At both meets, we will clerk the Standing Jumps, the 55 dash for Pee Wee and Novice, and the 4 x 50 and 4 x 100 relays at 1:00. The Running Jumps and all other events will be clerked at 2:00.

Both meets are point scoring. Points will be awarded in each event (no points for peewee events): 5 pts. For 1st down to 1 pt. for 5th. The Indoor Champions will be determined by the combined scores from both meets. The teams will be broken down into an East Section and a West Section, and team plaques for the Indoor Championship will go to the top three teams in each section. The teams from the Diocese of Rockville Centre are East and the teams from the Diocese of Brooklyn and Queens are West.

EVENTS, AGE DIVISIONS, MEDALS:

Refer to age divisions and events sheet. The peewee division is a **NON-SCORING** division. Peewee runners can be moved up only to fill one novice relay (as long as there is one legal novice on that relay already). Runners in other age divisions can be moved up one age division only and only to fill out a relay team as long as there is one runner of the higher age division on the relay. No runner can be moved up in an individual event.

Medals for each event at both meets will go to the top five finishers in each event. This will be for relays as well as individual races. All peewee runners will receive ribbons. Medals for the 55m will be given to the top six finishers in the finals, if there are 6. Please note that events other than the 55m may have multiple heats and medals are awarded on overall results based on time, not on finish in each heat.

At the Ragazzo Relays the jumpers are scored as a team (requiring 2 or more jumpers to score points). The best jump from the best 2 separate jumpers from a team are added together to determine the team jump distance. This is used for determining the medals and points the team jumpers are awarded that day. When a jumper has no teammate in their age division, an individual jumper's best jump is doubled to determine jumper's distance. Individual will be awarded a medal as if they were a team but no team points. The 400 medley relay in the Ragazzo Relay is a three-runner relay (200 x 100 x 100). For this event there are two age divisions-one for any combination of novices and bantams (e.g. 3 novice, 3 bantams, 2 novice/ 1 bantam, 2 bantam/ 1 novice,) and the other for any combination of junior and senior (e.g. 3 senior, 3 junior, 2 junior/ 1 senior, 2 senior/ 1 junior). It is not however a coed race. The Medley relay allows you to enter runners into a scoring event when you cannot form a regular 4 athlete relay, including an adjustment during the meet if another athlete does not arrive as expected for a regular 4 athlete relay. It is still necessary to advise the Meet Director (Peter Moore) when you make any change like this to your day of the meet entry form.

The Ragazzo 1000-meter run is open to **junior and senior age runners only** (boys and girls). No Bantam age runners allowed. Although it is open to Juniors and Seniors, they run together, and it is scored as a single race for both boys and girls. It is a regular point scoring event. There is a special award presentation to the first place boy and first place girl following the race.

For the 55m race at both meets, medals are awarded to the 6th place runner in the finals (when there is one) but no team points are awarded for a 6th place runner. There are no points awarded for the 55m races at the Ragazzo relays. The event is included to provide an opportunity for runners who don't fit on a relay team or who struggle to compete at a longer distance.

For the CYO St. Anthony's Classic meet, the special event will be the Morris Pasqual Boys Bantam 4 x 200 relay.

ORDER OF EVENTS:

ST ANTHONY MEET:

- 1) 1:00 PM. - STANDING LONG JUMP (PEEWEE, NOVICE)
- 2) 55 DASH (PEEWEE, NOVICE)
- 3) 4 X 50 RELAY (PEEWEE)
- 4) 4 X 100 (NOVICE)
- 5) 2:00 P.M.-4 X 200 RELAY (BANTAM, JUNIOR, SENIOR)
- 6) MORRIS PASQUAL TROPHY PRESENTATION.
- 7) LONG JUMP (BANTAM, JUNIOR, SENIOR)
- 8) 200 DASH (ALL AGE DIVISIONS)
- 9) 400 RUN (NOVICE, BANTAM, JUNIOR, SENIOR)
- 10) 800 RUN (JUNIOR, SENIOR)
- 11) 55 DASH (BANTAM, JUNIOR, SENIOR))

RAGAZZO RELAYS:

- 1) 1:00 PM - STANDING LONG JUMP RELAY (PEEWEE, NOVICE)
- 2) 55 DASH (PEEWEE, NOVICE)
- 3) 4 X 50 RELAY (PEEWEE)
- 4) 4 X 100 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
- 5) 2:00 PM. - LONG JUMP RELAY (BANTAM, JUNIOR, SENIOR)
- 6) 4 X 200 RELAY (BANTAM, JUNIOR, SENIOR)
- 7) RAGAZZO 1000 METER RUN (JUNIOR, OR SENIOR ONLY)
- 8) RAGAZZO PLAQUE PRESENTATION
- 9) 400 MEDLEY (NOVICE/BANTAM, JUNIOR/SENIOR)
- 10) 55 DASH (BANTAM, JUNIOR, SENIOR)

All final results will be based on times where there is more than one heat, except for the 55 Dash where there will be qualifying heats.

We will run the girls followed by the boys in each event. However, when the number of entries allow, boys and girls as well as more than one age division may be combined into the same race (but scored separately). It is the responsibility of each head coach to get your runners to the correct event clerking area for their event. Each event will have a name placard or sign placed in the area where the clerking will be done.

ROSTERS, ENTRY FORM, FEES:

All entry forms must be submitted to the CYO office no later than Friday January 26, 2025. Roster needs to be submitted by email (moorep.43779@gmail.com) AND (kgoldberg@diobrook.org) by the same date. You will receive by email a roster spread sheet that is to be filled in and emailed back by 1/31/2025. These will be your runners eligible for the first meet. Roster additions for the second meet will be accepted up to the Tuesday prior to the meet (2/27/2025). Additions are to be sent in by e-mail on a new roster spread sheet. Deletions are not necessary. The use of these emailed roster spread sheets will allow us to preprint your runner's name tags with our bar code used to facilitate the recording of race results. Following these submission dates, you will have labels at each meet for only those runners eligible for that meet. Unless it can be shown that there was an error in printing your labels, any runner with hand written labels will not be able to score points for your team and can only compete in a individual event. **IT IS ALSO NECESSARY THAT AT THE CONCLUSION OF EACH MEET YOU RETURN THE LABELS YOU DID NOT USE AT THAT MEET.**

FEE STRUCTURE:

Entry fees are based on the number of runners on your roster who compete in at least 1 meet as follows (for entry fee purposes, your boys and girls are combined):

- Minimum amount of \$250 for all teams up to 12 runners
- Entry fee of \$15 per runner for each additional runner from 13- 25
- Entry fee of \$12 per runner for each additional runner from 26 - 40
- Entry fee of \$10 per runner for each additional runner above 40
- Please bring a parish check for the initial minimum entry fee (250) to the first meet. Shortly after the final meet you will receive a second invoice for your team's entry fee balance based on the number of runners that participated in at least one meet. The fee is due upon receipt of the invoice and should be paid no later than 15 days from the invoice date.

Entry fees are paid only for runners on your roster who participated in at least one of the meets. In order to get an accurate count of your runners it is imperative that at the conclusion of each meet you return to the scorer's table any and all of the runner's labels not used in that particular meet.

Day of the meet entry forms MUST be handed in at check-in time. Any changes to entry forms after that time can be made only with the approval of the Meet Director (Peter Moore). Each team can only score points for one relay team per relay event and three contestants in individual events. If more are entered in an event, they will receive any individual medals they earn at the meet, but only one relay and 3 individuals from any team can receive points for any single event .

The day of meet entry forms are also used to get an accurate count of your runners. For that reason it is mandatory that they are handed in (boys and girls on separate forms. When scoring the race, the entry forms are helpful resolving problems.

GENERAL INFORMATION:

- No member of a high school track team is eligible to run in any CYO track meet.
- No child is allowed to participate in more than one event.
- Please hand out the **Indoor Track Meet Fact Sheet for Parents** to every adult who will be bringing children to the meets. We have included a place for parents to sign in order to have some indication that they are aware of the rules that must be followed at St. Anthony's. The rules are taken very seriously by St. Anthony's and we in no way want to jeopardize our future use of the facility.
- Long jump relays consist of minimum of two jumpers and a maximum of four jumpers.