Our Lady of Lourdes Track Meet, May 25 2024,

Malverne HS 80 Ocean Ave, Malverne

SCHEDULE
8:30 Opening, coaches meeting,
8:45 — Clerking grades K-1
10:15 — Clerking grades 2-3

11:30_ Coaches meeting,
11:45 — Clerking grades 4-5
1:30 — Clerking grades 6-8

General information:
The high school is located East of Ocean Ave. There are 2 parking lots (a total of 150 spots). Both are accessible from Ocean Ave. Streets on the opposite side of Ocean Ave and streets behind the track are also available. We will sell refreshments at the concession stand. The restrooms are available at the concession stand and on the high school's side.

There is a limit of 3 events for each runner. Individual sprints are only for those rare 2 or 3 runners who didn't run in 3 relays (regardless of if they medal). Only coaches and volunteers are allowed on the infield. Spectators stay outside. If you have an adult accompanying a child with special needs, introduce them to me and the "gatekeepers."

Cost: $400 per team, make check payable to Our Lady of Lourdes CYO, send to Phil Midi, (1021 Owasco Rd Lakeview Ny 11552), or in person at the meet. If you have any questions, please contact: Phil Midi, (philmidi23@aol.com 347-992-7119).

	K	1	2	3	4	5	6	7-8
160 m relay (4x40)	X	X						
200 m relay (4x50)	X	X	X	X				
240 m relay (4x60)								
250 m medley (50-50-50-100)	X	X						
300 m medley (100-50-50-100)			X	X	X	X	X	X
400 m medley (100-50-50- 200)					X	X	X	X
400 m relay (4x100)			X	X	X	X	X	X
800 m individual run, or 2RUN (2x400)					X	X		
1600 m individual run, or 2RUN (2x800)							X	X
50 m sprint	X	X						
100 m sprint			X	X	X	X		
200 m sprint							X	X