



## 2024 Spring Track Meet

### DATE:

**Saturday, June 8, 2024** (If it rains on June 1<sup>st</sup>, St. Hedwig will be hosting and St. Aidan's will not since this date is St. Hedwig's rain date).

### LOCATION:

New Hyde Park Memorial High School

500 Leonard Blvd, New Hyde Park, NY 11040

*\*Use the directions below for parking in the school parking lot off of Evergreen Avenue.*

### DIRECTIONS:

If you are traveling east on Jericho Turnpike, make a left on Denton Avenue.

If you are traveling west on Jericho Turnpike, make a right on Denton Avenue.

Once on Denton Avenue, go to two traffic lights to Evergreen Avenue and make a left. Go up the hill and the school parking lot will be on your left.

### TIME:

- Grades K & 1: Coaches meeting at 8:45AM. First race at 9:00AM.
- Grades 2 & 3: Coaches meeting at 10:35AM. First race at 10:45AM.
- Grades 4 & 5: Coaches meeting at 12:20PM. First race at 12:30PM.
- Grades 6 & 7/8: Coaches meeting at 2:05PM. First race at 2:15PM.

### AWARDS:

Medals: 1<sup>st</sup> to 3<sup>rd</sup> place

Trophy: ½ mile run for 4<sup>th</sup> & 5<sup>th</sup> and 1 mile run for 6<sup>th</sup> and 7/8<sup>th</sup> grades only

Medal Races: 240M Relay (4 x 60) for K & 1<sup>st</sup> and 300M Medley for 2<sup>nd</sup> & 3<sup>rd</sup> Only

### Meet Rules:

- Please limit the athletes in your programs to 3 races total per athlete; 2 athletes per *individual event* per team/grade/gender.
- Girls can run in boys' events but boys cannot run in the girls' events. Children can "run up" a grade. Mix teams are allowed.
- Each event in each session will start with the girls followed by boys.

**COST PER PROGRAM:**

**\$400 per parish.** “Swap” if we are coming to your meet. (Reduced fee for smaller parishes. Please call/email to discuss first).

Please send your check, payable to **St. Aidan CYO** to:

**St. Aidan’s Spring Meet  
c/o Ngoc Cong  
2 Post Ln  
East Williston, NY 11596**

*Make sure that with the check, you indicate what team it is for.*

You can also bring your check on the day of the event.

**MISCELLANEOUS:**

- Parents and other spectators will ***not*** be allowed on the infield. ***Please remind your parents.*** This will be strictly enforced.
- Bleacher seating is available for spectators.
- There will be 2 Porta potties available.
- Food and refreshments will be sold at the meet.
- Volunteers from each parish to assist are welcome.
- Please make use of the available garbage containers and garbage bags to dispose of trash and water bottles to ensure we continue to be welcome at this venue in coming years.

**Questions:**

If you have any questions, please call Ngoc “Now” Cong at (917) 330-5990 or email at [staidanstrack@gmail.com](mailto:staidanstrack@gmail.com).

## Schedule of events:

We will be using the following split session format:

### Kindergarten & 1<sup>st</sup> Grade

Coaches meeting at 8:45am. The First race will start at 9:00am

- 160 meter relay - 4 X 40
- 200 meter relay - 4 X 50
- 240 meter relay - 4 X 60 (Medal Race)
- 50 meter dash, time permitting

### 2<sup>nd</sup> and 3<sup>rd</sup> Grade

Coaches meeting at 10:35am. The First race will start at 10:45am

- 200 meter relay - 4 X 50
- 240 meter relay - 4 X 60
- 300 meter medley relay - 100 - 50 - 50 - 100 (Medal Race)
- 50 meter dash, time permitting - we will use both sides of the track
- 100 meter dash, time permitting - we will use both sides of the track

### 4<sup>th</sup> and 5<sup>th</sup> Grade

Coaches meeting at 12:15pm. The First race will start at 12:30pm

- ½ mile run (Trophy Race)
- 300 meter medley relay - 100 - 50 - 50 - 100
- 400 meter relay - 4 X 100
- 400 meter medley relay - 100 - 50 - 50 - 200
- 200 meter dash, time permitting

### 6<sup>th</sup> and 7<sup>th</sup>/8<sup>th</sup> Grade

Coaches meeting at 2:05pm. The First race will start at 2:15pm

- 1 mile run (Trophy Race)
- 300 meter medley relay - 100 - 50 - 50 - 100
- 400 meter relay - 4 X 100
- 400 meter medley relay - 100 - 50 - 50 - 200
- 400 meter dash, time permitting