

2024 Sacred Heart CYO Track Meet

Date: Sat., June 15, 2024

Location: Calhoun High School, 1786 State Street, Merrick

Directions: Southern State Parkway to Exit 23S, Meadowbrook Rd. Go about $\frac{3}{4}$ mile, turn left on Webster Ave. School parking lot is straight ahead.

Time: Grades K – 3 – Coaches meeting 9:15 a.m., first race 9:30 a.m.

Grades 4 – 8 – Coaches meeting 12:15 p.m., first race 12:30 p.m.

Format:

Events will be run K, 1, 2, 3 girls, then K, 1, 2, 3 boys in the morning.

In the afternoon session, grades 4, 5, 6, 7/8 girls, then boys.

Girls may run in the boys' races; boys may not run in the girls' races.

Please limit the children in your program to 3 races (or two medals).

Morning Session – Grades K – 3

200-Meter Relay (4 x 50)

250-Meter Medley (50-50-50-100)

300-Meter Medley (100-50-50-100)

At the end of the morning session there will be a 50-meter preschool race.

Afternoon Session – Grades 4 – 8

800-Meter Run – Grades 4, 5, 6, 7/8.

Trophies will be awarded to the 1st place girl and boy in each grade.

300-Meter Medley (100-50-50-100)

400-Meter Relay (4 x 100)

400-Meter Medley (100-50-50-100)

800-Meter Relay (4 x 200)

Cost per Team

\$400 per program. Please make checks payable to "Sacred Heart CYO".
Send them to: Susan Carroll, 43 Winifred Drive, Merrick, NY 11566

Miscellaneous

- Parents will not be allowed on the infield. Families can watch the races in the stands on either side of the track. Please set up your team canopies on the south or west end of the field.
- Cold drinks and snacks will be available at the concession stand.
- Bathrooms in the school will be open. The entrance is located by the basketball courts.
- Please respect the property and use the trash containers to dispose of garbage and recyclables.

Questions

Contact me at susancarroll925@aol.com or 516-236-1573

We are looking forward to a great day! Walkers are welcome.

Thanks in advance for your help and cooperation.

Sincerely,

Sue