

CYO Cadet & Junior

TRACK & FIELD MEET

Sponsored by St. Francis de Sales High School

Saturday, May 9, 2009

St. Francis de Sales High School

Registration is from 8:45 a.m. until 9:45 a.m.

Cost is \$3 per participant; limit of 3 events per participant

Participation ribbons to all; Place ribbons 1st thru 6th places

Please submit a roster by gender & division (any CYO roster)

Schedule

9:45 a.m. **Coaches' Meeting**

10:00 a.m. **Prelims for the 100m and 200m / Field Events begin**

<u>Discus</u>	<u>Shot Put</u>	<u>Long Jump</u>	<u>High Jump</u>
Junior Boys	Junior girls	Cadet Boys	Cadet girls
Cadet boys	Cadet Girls	Junior boys	Junior girls
Junior girls	Junior boys	Cadet Girls	Cadet boys
Cadet girls	Cadet Boys	Junior girls	Junior boys

NOON Events in this order ...Cadet Girls, Cadet Boys, Junior Girls, Junior Boys

100m Dash Finals
1600m Run*
4 x 100m Relay*
400m Dash*
Sprint Medley Relay (100m, 100m, 200m, 400m)*
800m Run*
200m Dash Finals
4 x 400m Relay*

*timed finals

For more information call Chris Steingass (531-1618 ext. 345 or 536-3001)