



Holy Rosary Catholic Youth Organization **Track and Field 2017**

For girls and boys, grades 4 through 8

*Contact Athletic Director if your 3rd grader is interested in joining.
There may be availability depending on registration numbers.



REGISTRATION DEADLINE: APRIL 1

REGISTRATION FEE: \$65.00 per child

REGISTER ONLINE: <http://holyrosaryedmonds.org/online-registration-for-cyo/>

2017 PRACTICES: Practices take place at Edmonds Civic Field 6th Ave N, Edmonds, WA
April 5 – 28: Wednesdays 5:00 – 6:00, Fridays 3:30 – 4:30.
May 3 – 31: Wednesdays ONLY 5:00 – 6:00
First Practice: Wednesday, April 5, 5:00 pm

2017 MEETS: Meets take place at Renton Memorial Stadium 405 Logan Ave N, Renton, WA
Preliminary: Saturday, May 6, 2017 @ 10:00am (expected to last till 2:30 pm)
Relay Meet: Saturday, May 13, 2017 @ 3:00pm (expected to last till 7:30 pm)
8th Grade Pentathlon: Sunday, May 14, 2017 @ 12:30pm (West Seattle Stadium)
Qualifying: Saturday, May 20, 2017 @ 10:00am (expected to last till 3:00 pm)
Championship (Individual & Team): Sat. June 3 @ 10:00am

EVENTS: (athletes participate in one running event, one field event and at least one relay)

Running Events

50, 60, 75, 100m sprints
200, 400, 800, 1600m

Relay Events

400m relay; Sprint Medley Relay;
1800 co-ed Relay

Field Events

Long Jump; Shot Put; Softball ,
High Jump, Throw; Turbo Jav

CYO Track and Field is designed to:

- introduce youth to different events that are available to them as a track and field athlete
- for the athlete of any other sport to improve their speed and agility
- for the individual who would like to get out one day a week for exercise and socialization
- give participants the basics, and for those with that ability the chance to try new events and improve

COACHES: Please let us know if you would like to join our coaching team. The additional assistance is always needed and appreciated. We are looking forward to another great season.

Your coaches,

Sarah Lacy, Erica Hupf, Kelsey Eyer, Madison Eyer

Please contact us with questions:

cyodirector@holyrosaryedmonds.org

Sarah Lacy (206) 200-5095

Regan Hupf (206) 229-7384

Scholarships available upon request

