



Holy Rosary Catholic Youth Organization **Track and Field 2018**

For girls and boys, grades 4 through 8

*Please contact the undersigned 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 PRACTICE TIMES: Practices will be held at an Edmonds location, to be determined

April 3 – April 25: Tuesdays 5:00 – 6:00, Fridays 5:00-6:00

May 1 – June 1: Tuesdays ONLY 5:00 – 6:00

First Practice: Tuesday, April 3

2017 MEET DATES: Meets take place in South Seattle/Renton area, exact location TBD

Preliminary: Saturday, May 5, 2018 @ 10:00am (expected to last until 2:30 pm)

Relay: Saturday, May 12, 2018 @ 3:00pm (expected to last until 7:30 pm)

8th Grade Pentathlon: Sunday, May 13, 2018 @ 12:30pm (West Seattle Stadium)

Qualifying: Saturday, May 19, 2018 @ 10:00am (expected to last until 3:00 pm)

Championship (Individual & Team): Sat, June 2 10:00am (expected to last until 4:00 pm)

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 and Arvin Manahan

Please contact us with questions:

cyodirector@holyrosaryedmonds.org

Sarah Lacy (206) 200-5095

Regan Hupf (206) 229-7384

Scholarships available upon request



2017 Track 1st Place Champions