

Our Lady of Grace

Track & Field Invitational

Friday, April 3rd 2009



@LaSalle High School
3091 North Bend, Cincinnati, Ohio 45239

All 7th and 8th CYO teams are welcome to run in the first OLG Track and Field Invitational. It will be held on Friday, April 3, 2009 at LaSalle High School Track and Field Stadium. ***Parking can get very congested at LaSalle H.S. and parking on side streets is common, please arrive in enough time. We need to start on time in order to be finished with the meet by 10:00PM.***

Our Field events will begin at 4:45, and the Girls running events will start at 5:30. Boys running events will begin right after the completion of the Girls 1600m Relay. As always there is a limit of 3 events per athlete.

The following times have been assigned as to when each event will begin.

4:45 PM - Shot Put & Discus (both Boys/Girls),
5:00 PM - Long Jump (Boys/Girls),
5:30 PM - High Jump (Boys),
5:30 PM - Running Events (Girls),
6:15 PM - High Jump (Girls) after the completion of the Boys

Order of Running Events:

100m Dash 800m Relay 1600m Run 400m Relay 400m Dash 100m Finals 800m Run 200m Dash 1600m Relay

Registration: All 7th/8th grade athletes must be pre-registered with the events he/she will participate in. To pre-register, see the instructions to download spreadsheets on the CYO website: <http://cincyotrack.a4t.com>. Will just need to click on "Forms/Docs". Fill in your athlete entries and email the spreadsheet to joecoors@cinci.rr.com by this Wednesday, April 1st by 9:00 PM. Heat sheets will be made available as soon as possible.

All Coaches: Please report to LaSalle Stadiums press box to register your team, and report the number of athletes participating. There is a 3.00 per athlete fee. Please make checks payable to OLG Athletic Association.

Awards: Medals for 7th and 8th will be awarded for 1st through 3rd place finishers, and Ribbons for 4th through 6th. Teams will be scored and standings will be announced at the end of the meet.

Scoring: Top 6 places for each event scorer points: 1st= 10pts, 2nd= 8pts, 3rd= 6pts, 4th= 4pts, 5th= 2pts, 6th= 1pt.

Remember to call 513-588-0012 for any weather status check that day. You can also check the CYO website <http://cincyotrack.4t.com> prior your leaving for the meet status as well as any rules, scoring, and other useful information.

Questions: Please contact Len Carraher at 513-521-3014 hm / 513-534-8667 wk or email Len.Carraher@53.com or Bill Schneider at 923-3855 hm / 708-9630 c email billschneider@cinci.rr.com

