

St. James



Track & Field Invitational Friday, April 17th 2009 @LaSalle High School 3091 North Bend, Cincinnati, Ohio 45239

All 7th and 8th CYO and Club teams are welcome to run in the St. James Track and Field Invitational. It will be held on Friday, April 17th, 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.***

Medals will be awarded for the 1st – 6th Place finishers!!!

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, please encourage the boys to warm-up on the football field, there will not be anytime allocated between the boys and girls running events to warm-up. 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 will follow after the boys
5:30 PM - High Jump (Boys), Girls will follow after the boys
5:30 PM - Running Events (Girls),

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>. The spreadsheet is available at the "Forms/Docs" link. Fill in your athlete entries and email the spreadsheet to joecoors@cinci.rr.com by Wednesday, April 15th 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 St. James Athletic Club.

Awards: ***Medals will be awarded for the 1st – 6th Place finishers!!!*** Teams will be scored and standings will be announced at the end of the meet.

Scoring: Top 6 places for each event score 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 to leaving for the meet status as well as any rules, scoring, and other useful information.

Questions: Please contact Dan Jester at 513-227-5290 (cell) or 513-576-2958 (work) or email dan.jester@siemens.com