

St. Catharine Invitational
Saturday, April 4th
Lancer Stadium, LaSalle High School, 3091 North Bend Road

Gr. K-2	Saturday 4/4	8:30 a.m.
Gr. 3-4	Saturday 4/4	11:30 a.m.
Gr. 5-6	Saturday 4/4	2:30 p.m.

Parking can get very congested at LaSalle HS. Carpools are encouraged!!

The events contested in each division, and the order of running events are as follows;

<u>Grades K-2</u>	<u>Grades 3-4</u>	<u>Grades 5-6</u>
50M Dash	400M Dash	100M Dash
200M Dash	100M Dash	800M Relay
75M Dash	800M Relay	75M Dash
400M Relay	50M Dash	400M Relay
100M Dash	400M Relay	400M Dash
Long Jump	75M Dash	100M Finals
Softball Throw	200M Dash	800M Run
	Long Jump	75M Finals
	Softball Throw	200M Dash
	High Jump	1600M Relay
	Shotput	Long Jump
		High Jump
		Discus
		Shotput

In each division, girl's track events will be contested first, simultaneous with boys field events, followed by boys track events and girls field events. There is a limit of 3 events per child. **In Gr. 5-6 (per the new rule change), teams may enter an unlimited number of athletes per event, but only the top two can qualify to win awards. For relays, teams can also enter an unlimited number of relays, but only the top relay team is eligible for awards. If any school wants to field more than one team in any division, their first team must have a minimum of 8 participants. For schools to field more than 2 teams in any division, all teams but the last must have a minimum of 8 participants. No individual may participate on more than one team. (We will follow official CYO rules for individual events and "team" participation.)**

[CYO Rules and Information](#)

<http://cincyotrack.4t.com>

[Click on Rules](#)

Registration: Gr. 5/6: All 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>. Click on "Forms/Docs" Fill in your athlete entries and email the spreadsheet to joecoors@cinci.rr.com by Wednesday, April 1st. Heat sheets will be made available at the coaches meeting ½ hour prior to each division's start time.

Coaches should report to the Lancer Stadium pressbox to register their teams and report the number of athletes participating within each division. There is a \$3 fee per athlete. Make checks payable to St. Catharine Athletic Association, or SCAA.

Stickers: Gr. K-4: all athletes must wear a sticker on their shirt for their field event(s).

Gr. 5/6: Stickers may be useful as a reminder for heat placement.

Awards: Gr. K-4: **Heat ribbons** for all participants for each event.
Gr. 5-6: **Trophies** for all first place winners; **Medals** for 2nd and 3rd place;
Ribbons for 4th-6th place;

Scoring: Gr.5-6, top 6 places in each event score points for their team:
1st=10 pts., 2nd=8 pts., 3rd=6pts., 4th=4 pts., 5th=2 pts., and 6th=1pt.

Questions: email Meet Director Maureen Scheiner: maureen@zoomtown.com or call 467-0540.

COACHES: PLEASE SHARE THE FOLLOWING INFORMATION WITH YOUR PARENTS AND KIDS:

Alex Kivin is an 8th grader at St. Margaret of York, and a member of the SMAC Track Team. He is a Life Scout of Boy Scout Troop 817. As the final requirement for his Eagle Scout project, he's planning a series of shoe drives in conjunction with the nonprofit organization, Soles4Souls, Inc. (www.soles4souls.org). His goal is to collect 1000 pairs of gently-used shoes and deliver them to the Soles4Souls warehouse in Tennessee for distribution to impoverished people in our country and others, who have no shoes. He is planning four separate collections: one at the St. Catharine Invitational Track Meet.



SEE THE RELATED ATTACHMENT (IN PDF FORMAT) FOR FURTHER INFORMATION ABOUT ALEX KUVIN'S PROJECT.....

What a great idea!! How fortunate we are to sport the shoes that we do!! Let 's share our gently used shoes with Soles4Souls!!!