



# CYO Championship

## Track and Field

### Division I

3091 North Bend Road Cincinnati, Ohio 45239  
May 15<sup>th</sup> and 16<sup>th</sup> 2009



## LaSalle High School



**LS** May 15<sup>th</sup>  
Grade 7-8  
Girls Run Track Events First  
While Boys Field Events  
Take Place 5:30 pm

**LS** May 16<sup>th</sup>  
Grade K-2 8:30 am  
Grade 3-4 11:30 am  
Grade 5-6 2:30 pm  
Girls Run Track Events First  
While Boys Field Events  
Take Place

### Registration

All 5th/6th and 7th/8th teams must pre-register their athletes in accord with the new CYO Pre-Meet Registration Policy below. For grades K-4, coaches must report to the press box on the day of the meet to register their teams.

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

Click on Forms

### All Coaches

Please report to the press box, upon arrival and verify your schools registration fee has been paid. Announcements will be made to remind those coaches who forget

### Cyo Rules and Information

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

Click on Rules

**LS** Order of Events 7<sup>th</sup>-8<sup>th</sup>

1.) 100 m Dash	6.) 100 m Finals	<u>Field Events</u>
2.) 800 m Relay	7.) 800 m Run	Long Jump
3.) 1600 m Run	8.) 200 m Dash	High Jump
4.) 400 m Relay	9.) 1600 m Relay	Shot-put
5.) 400 m Dash		Discus

**LS** Order of Events K-2<sup>nd</sup>

1.) 50 m Dash	<u>Field Events</u>
2.) 200 m Dash	Long Jump
3.) 75 m Dash	Softball Throw
4.) 400 m Relay	
5.) 100 m Dash	

**LS** Order of Events 3<sup>rd</sup>-4<sup>th</sup>

1.) 400 m Dash	6.) 75 m Dash	<u>Field Events</u>
2.) 100 m Dash	7.) 200 m Dash	Long Jump
3.) 800 m Relay		High Jump
4.) 50 m Dash		Shot-put
5.) 400 m Relay		Softball Throw

**LS** Order of Events 5<sup>th</sup>-6<sup>th</sup>

1.) 100 m Dash	6.) 100 m Finals	<u>Field Events</u>
2.) 800 m Relay	7.) 800 m Run	Long Jump
3.) 75 m Dash	8.) 75 m Finals	High Jump
4.) 400 m Relay	9.) 200 m Dash	Shot-put
5.) 400 m Dash	10.) 1600 m Relay	Discus

### Awards

Grade K-4 Heat ribbons for all athletes.  
Grade 5-8 Medals for 1<sup>st</sup>-3<sup>rd</sup> place.  
Ribbons 4<sup>th</sup>-6<sup>th</sup>  
Team Awards

Meet Director Dan Flynn

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**La Salle High School**  
A Catholic High School In The Lasallian Tradition



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[www.cincinnati.lasalle.net](http://www.cincinnati.lasalle.net)