



South Shore Running Club Track Meet
Saturday May 18th, 2024
 (Rain Date: May 19th, 2024)
St. Joseph's University Danzi Stadium
246 Sunrise Highway Patchogue, NY 11772

Times: Grades K-4 report at 9:00AM with 9:15AM start
 Grades 5-8 report at 10:30AM with 10:45AM start

| Grades K-4 | Grades 5-8 |
|-----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| 800m Run (3&4 only) | Mile |
| 4x100 Relay (3&4 only) 1 entry max per grade/gender | 4x100 Relay 1 entry max per grade/gender |
| 55m Dash (All grades) | 400m Run |
| 400m Run (3&4 only) | 100m Dash |
| 100m Dash (all grades) | 800m Run |
| 75m Medal Race (K-2 only for those who did not medal) | 200m Dash |
| 200m Dash (3&4 only) | Long Jump 3 entries per grade/gender Clerk at 10:15AM |
| Long Jump (3&4 only) 3 entries per grade/gender Clerk at 8:45AM | Shot Put (5-8 only) 4 entries per grade/gender Clerk at 10:15AM |
| 2-entry maximum per runner (long jump OR shot put can be third event). 1-relay-entry maximum per club/team per grade/gender. | |

-Participants compete in one of 7 grade/gender groups: K+1, 2, 3, 4, 5, 6, and 7+8

-Medals will be awarded to top three places per heat and top three distances per grade/gender for Long Jump and Shot Put.

-Spikes are not permitted.

Cost: \$350 for each team (check due on day of the meet or agreed upon swap). Please make checks payable to *South Shore Running*. If you have any questions, please call or text Tom at (631) 561-3003.