



LONG ISLAND FUN RUNNERS

Invitational Order of Events Spring 2024

<p>Sunday, April 7th Sacred Heart Academy - 12 pm</p> <p>800m Run (3rd-8th) <i>Medals to top three in each heat</i> 100y Dash on track (Tots- 8th) <i>1st-3rd Medals, all others get ribbons..</i> 400m Run (PK - 8th) <i>Medals to top three in each heat</i> 50y Dash on turf (Tots-PK) <i>No medals for this race</i> 200m Dash (PK-8th) <i>Medals to top three in each heat, all other get ribbons.</i> 1,400m RELAY - 4x350m Relay <i>2 boys and 2 girls relays per team. Medals to top girls and boys relay.</i></p>	<p>Friday, April 19th Chaminade High School - 6pm</p> <p>800m Run (3rd - 8th) <i>Medals to top three in each heat</i> 100y Dash on Turf (Tots - 8th) <i>1st-3rd Medals, all others get ribbons.</i> 400m Run (PK - 8th) <i>Medals to top three in each heat</i> 50y Dash on Turf (Tots - PK) <i>No Medals for this race</i> 200m Dash (PK - 8th) <i>Medals to top three in each heat, all others get ribbons</i></p> <p>Shot Put <i>Three Medals</i></p>	<p>Sunday, April 28th Sacred Heart Academy - 12 pm</p> <p>800m Run (3rd-8th) <i>Medals to top three in each heat</i> 100y Dash on track (Tots- 8th) <i>1st-3rd medals, all others get ribbons.</i> 400m Run (PK - 8th) <i>Medals to top three in each heat</i> 50y Dash on turf (Tots-PK) <i>No medals for this race</i> 200m Dash (PK-8th) <i>Medals to top three in each heat, all other get ribbons.</i> 1,400m RELAY - 4x350m Relay <i>1 boys and 1 girls relay per team. Medals to top relay boys and top girls relay.</i></p> <p>TOUR OF SACRED HEART ACADEMY TO FOLLOW</p>
<p>Sunday, May 5th Chaminade High School - 12pm</p> <p>1 mile run (5th - 8th) <i>Trophies to boys/girls winner</i> <i>Medals to top three in each heat</i> 800m Run (3rd - 8th) <i>Medals to top three in each heat</i> 100y Dash on Turf (Tots - 8th) <i>1st-3rd medals, all others get ribbons.</i> 400m Run (PK - 8th) <i>Medals to top three in each heat</i> 50y Dash on Turf (Tots - PK) <i>No Medals for this race</i> 200m Dash (PK - 8th) <i>Medals to top three in each heat, all others get ribbons.</i> 200m Hurdles (5th - 8th) <i>Medals to top three in each heat</i> 1600m RELAY - 10 x 160m Relay <i>Each team must use 5 boys, 5 girls. 1 relay per team. Medals to winning team.</i> Long Jump <i>Three Medals</i> Shot Put <i>Three Medals</i></p> <p>TOUR OF CHAMINADE HS TO FOLLOW</p>	<p>Saturday, May 11th Chaminade High School - 5pm</p> <p>1 mile run (5th - 8th) <i>Trophies to boys/girls winner</i> <i>Medals to top three in each heat</i> 800m Run (3rd - 8th) <i>Medals to top three in each heat</i> 100y Dash on Turf (Tots - 8th) <i>1st-3rd Medals, all others get ribbons.</i> 400m Run (PK - 8th) <i>Medals to top three in each heat</i> 50y Dash on Turf (Tots - PK) <i>No Medals for this race</i> 200m Dash (PK - 8th) <i>Medals to top three in each heat, all others get ribbons.</i> 200m Hurdles (5th - 8th) <i>Medals to top three in each heat</i> 1600m RELAY - 5 x 320m Relay <i>1 boys relay, 1 girls relay per team. Medals to top boys and girls teams.</i> Long Jump <i>Three Medals</i> Shot Put <i>Three Medals</i></p> <p>TOUR OF CHAMINADE HS TO FOLLOW</p>	