

**SATURDAY**

**MAY 31**



**OUR LADY OF LOURDES  
TRACK MEET**

**MALVERNE HS- 80 OCEAN AVE MALVERNE**

**2 EVENTS PER ATHLETE**

**SESSION 1 (K-3)**

**COACHES MEETING 8:45AM**

**RACE 9AM**

**4X50 (K-2)**

**300 MEDLEY (K-3)**

**(100-50-50-100)**

**4X100 (K-3)**

**400 MEDLEY (3RD)**

**50 DASH (K-1)**

**100 DASH (2ND-3RD)**

**200M DASH (3RD)**

**SESSION 2 (4-8)**

**COACHES MEETING 12:15PM**

**RACE 12:30PM**

**1 MILE (6-8)**

**200M DASH (4-8)**

**300M MEDLEY (4-5)**

**4X100 (4-8)**

**400M MEDLEY (4-8)**

**(100-50-50-200)**

**800M MEDLEY (6-8TH)**

**(100-100-200-400)**

**100 DASH (4-8)**

**400M RUN (6-8)**

**GENERAL INFORMATION:**

THE HIGH SCHOOL IS LOCATED EAST OF OCEAN AVE. THERE ARE 2 PARKING LOTS ACCESSIBLE FROM OCEAN AVE. STREETS PARKING IS ALSO AVAILABLE ON THE OPPOSITE SIDE OF OCEAN AVE AND BEHIND THE TRACK. REFRESHMENTS WILL BE SOLD AT THE CONCESSION STAND. THE RESTROOMS ARE AVAILABLE INSIDE THE HIGH SCHOOL.

ONLY COACHES AND VOLUNTEERS ARE ALLOWED ON THE INFIELD. SPECTATORS STAY OUTSIDE.

COST: \$400 PER TEAM, MAKE CHECK PAYABLE TO OUR LADY OF LOURDES CYO, SEND TO PHIL MIDI, (1021 OWASCO RD LAKEVIEW NY 11552), OR IN PERSON AT THE MEET. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT: PHIL MIDI, (PHILMIDI23@AOL.COM 347-992-7119).