

CYO DIOCESAN TRACK LEAGUE

CYO RAGAZZO RELAYS MEET

2026 INDOOR SEASON

MARCH 22, 2026

ORDER OF EVENTS

- 1) 2:00 PM - STANDING LONG JUMP RELAY (PEEWEE, NOVICE)
- 2) 55 DASH (PEEWEE, NOVICE)
- 3) 4 X 50 RELAY (PEEWEE)
- 4) 4 X 100 RELAY (NOVICE, BANTAM, [JUNIOR/SENIOR])
- 5) 2:30 PM - LONG JUMP RELAY (BANTAM, JUNIOR, SENIOR)
- 6) 4 X 200 RELAY (NOVICE, BANTAM, JUNIOR, SENIOR)
- 7) RAGAZZO 1000 METER RUN (JUNIOR OR SENIOR ONLY)
- 8) AWARDS PRESENTATION FOR THE RAGAZZO 1000
- 9) 400 MEDLEY (NOVICE/BANTAM, JUNIOR/SENIOR)
- 10) 55 DASH (BANTAM, JUNIOR, SENIOR)

- 4 X 200 RELAY, FIRST LAP RUN IN LANES, STAGGERED START.
- 4 X 100 RELAY, FIRST LAP RUN IN LANES, STAGGERED START.
- 4 X 50 RUN IN LANE, STAGGERED START.
- RAGAZZO 1000 METER RUN, NOT STAGGERED, WILL USE CALLIFORNIA START.
- 400 MEDLEY, FIRST LAP RUN IN LANES, STAGGERED START.
- WHERE MULTIPLE HEATS, FINAL BASED ON TIME.