



**CYO Athletics Boys & Girls
Track & Field Meet**

WHEN: Saturday – May 22, 2010
WHERE: Archbishop Riordan High School
175 Phelan Avenue S.F. 94112
TIME: 10:00AM – 4:00PM

EVENTS: Contestants are allowed to participate in all events within the stated time. Runners who qualify for the Finals of the 75m or 100m may not compete in subsequent races.

3RD grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw
4TH grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw
5TH grade: 75m, 100m, 150m, 400m Relay, Long Jump, Softball Throw, Frisbee Throw
6TH grade: 100m, 200m, 400m, 400m Relay, Long Jump, Softball Throw, High Jump
7TH grade: 100m, 200m, 400m, 400m Relay, Long Jump, Softball Throw, High Jump
8TH grade: 100m, 200m, 400m, 400m Relay, Long Jump, Softball Throw, High Jump

8TH grade boys/girls Pentathlon:
High Jump, Long Jump, Softball Throw, 100m, and 400m runs

WEAR: Your sports uniform and/or school apparel (t-shirt, sweatshirt, etc.) and name tag with your name, school and grade. **NO SPIKED SHOES ARE ALLOWED!**

*** THE TRACK & FIELD MEET IS FREE AND OPEN TO ALL CYO ATHLETES***

2010 CYO Boys' and Girls' Track Schedule of Events

10:00 AM

3rd Frisbee Throw
4th Long Jump
5th Softball Throw
6th - 8th 100m
8th Pentathlon High Jump

10:30 AM

3rd Long Jump
4th Softball Throw
5th Frisbee Throw
6th - 8th 200m
8th Pentathlon High Jump (con't)

11:00 AM

3rd Softball Throw
4th Frisbee Throw
5th Long Jump
6th - 8th 400m
8th Pentathlon High Jump (con't)

11:30 AM

8th Pentathlon 100m
3rd-8th Relays – Assemble
& organize @football field

12 NOON

3rd-5th Relays
8th Pentathlon Long Jump

12:30 PM

6th - 8th Relays
8th Pentathlon Softball Throw

1:00 PM

3rd - 5th 75m
6th High Jump
7th Softball Throw
8th Long Jump

1:30 PM

3rd - 5th 100m
6th Softball Throw
7th Long Jump
8th High Jump

2:00 PM

3rd - 5th 150m
6th Long Jump
7th High Jump
8th Softball Throw
8th Pentathlon 400m