

CYO Track Meet

Order of Events

*1600M
4x100M Relay
400M
50M (5th grade and younger)
100M
800M
200M
4x400M Relay
Sprint Medley Relay (100x100x200x400)*

Field Events

*Long Jump
High Jump (5th grade and older)
Softball Throw
Shot Put (5th grade and older)*

Each participant is allowed to compete in no more than 2 running events, 1 field event and both relays, or 2 field events, 1 running event and both relays.