

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.