

# OMC CYO TRACK & FIELD 2022

*No looking back . . . or sideways.*

Welcome back to track and to the 2022 season!  
As in past years, we are in Region 10 and Area A

Coaches: Kelly Morano, Head Girls Coach  
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Age groups:

1. Third graders are eligible for the CYO team IF they were born in 2012.
2. Athletes are then grouped into 3 different age groups:

Novice: All athletes born in 2011 or 2012  
Minor: All athletes born in 2009 or 2010  
Cadet: All athletes born in 2007 or 2008\*

\*No athlete born before September 1, 2006 may compete.

## **Practices:**

Starting Tuesday, **March 15th**, We will hold practice **Tuesdays and Thursdays\* from 5:15pm to 6:45pm** at the track at LaSalle College High School.

\*Except for Holy Thursday and the Feast of the Ascension.

Changes in COVID-19 Protocols from last year:

1. The Archdiocese no longer requires masks, as we are outside.
2. There are no longer restrictions on the number spectators at the meets- again, because we are outside.

## **Meets:**

Region 10 practice (or "ribbon") meets are every Sunday\* at 1pm from March 27th through May 1st\* at La Salle College High School.

\* Except Easter Sunday.

The Region 10 Championship Meet is Sunday, May 15th at LaSalle College High School.

The Area A Championship Meet is Sunday, May 22nd, at Plymouth-Whitemarsh High School.

The Archdiocesan Championship Meet is Saturday, June 4th at Franklin Field.

**CYO Night at the Penn Relays is back! It will be April 26th.**

**End of Season Celebration:** Sunday, June 6th, Location TBD.

GO GOLDEN KNIGHTS!