

Fall 2019 CYO Track and Field

- CYO Track is a recreation level diocesan wide competition.
- You can register your athlete up the site below. The team fee is \$20.
<https://reg.sportspilot.com/106550/login>
- If your athlete needs a team t-shirt, they will be sold later for \$20.
Your athlete can use a shirt from previous seasons.
- Practices will be at:
 - Bryant HS on Fridays from 3:30-5pm and
 - Bishop O'Connell HS on Sundays from 2pm to 4pm.
- We will compete in the CYO meet on Saturday October 5.
 - The current plan is to have grades 6/7/8 compete from 7:30am - 12:00pm and have grades 3/4/5 compete from 12:00pm-7:00pm
 - If your athlete cannot attend the meet, they are still welcome at practice, just let us know so we don't schedule for events at the meet.
- For events, we will evaluate athletes in practice and then collaborate as coaches to get them in events where they can do well.
 - We have 12 separate events per grade in the meet
 - Each athlete can compete in a maximum of 4 events
- Except for the relay. For the relay, we are going to time athletes and put the fastest four athletes plus the next two fastest as alternates in the relay and then work on hand-offs with that group. This has been an incredibly successful system for us.
- Last, we have plenty of opportunities for parent volunteers.
 - If you are VIRTUS certified, you can help at practice. No track and field experience needed.
 - At the meet, we will need to supply volunteers. The work our volunteers have done at past meets was one of the most important factors in being able to hold the meet on just one day.