



Developmental Meet #3, Sunday, April 27th, 2014

Mount Saint Michael Academy, 4300 Murdock Avenue, Bronx, NY 10466  
12:30 pm to 4pm (estimated)

**PLEASE READ THOROUGHLY.  
RECOMMENDED THAT YOU PRINT OUT AND BRING ALONG WITH YOU TO MEET.**

Directions to the "Mount":

<http://goo.gl/maps/e73Hf>

Tentative Timeline:

- Facility will open: 12:30 pm
- Track open for warm ups: 12:30 pm
- Coaches meeting: 12:45 pm
- First event called/ Clerking begins: 12:45 pm
- Track Closed for warm ups: 12:50 pm
- First Event(s) starts at approximately 1:00 pm
- Meet End(s) approximately 3:30 pm
- Facility closes approximately 4:00 pm

Meet Specifics:

- Eligibility: open to all upstate/downstate CYO Youth and/or Teams and/or unattached Athletes in grades K-8. NO club teams.
- Event Maximum: Athletes are allowed to participate in any combination of 3 individual running or field events total. PLUS one relay.
- Registration/ Packet Pickups:
  - All registered team packets will be picked up by the Team Coach ONLY. The Coach will pick up packet and pay (cash or check- payable to "CYONY" or debit/credit card). The coach will distribute labels to athletes on his/her team. These labels shall be worn to clerking and competition. Athletes must report to the clerking area or to field event area with pre-printed entry label. Athletes who do not will be turned away.
  - All registered unattached athletes (not team affiliated) or: walk-in"/unregistered unattached athletes can go to the registration table upon arrival.
  - Only Coaches and unattached athletes at registration table PLEASE.
- Cost/athlete: \$5 for first event, \$3 for 2<sup>nd</sup>, \$2 for 3<sup>rd</sup> event. Total for three events \$10. Relay is FREE. Cash, check (payable to CYONY only or credit/debit card payments) each participant, whether team or unattached, needs to pay a one-time season fee of \$10 to CYO. CYO teams can run a tab and be invoiced by CYONY.
- Clerking: Please make yourself and athletes aware of order of events and listen for all clerking calls. The 100m and 200m runs will clerk at the "top" of the track. All other running events and relays clerk at the "bottom" of track. Field events clerk at event area. NO coaches or parents in clerking area.

- Competition/Grouping: Events will be run and scored by gender (girls than boys) in the following age groupings: K,1-2, 3-4, 5-6, 7-8. Depending on the number of entrants, the meet organizers might combine age groups and gender in a race. Scoring will be separated in proper age group in final results. Both the long jump, the shot put and turbo javelin will go on throughout the meet. Athletes who have a conflict with a running event are allowed to clerk out/in of the field events. PLEASE NOTE THERE MAY BE MULTIPLE HEATS IN EACH AGE GROUPING. These heats are merged, based on times, to tabulate final results in the event.
- Scoring/Medals: Though a developmental meet we will tabulate team scoring (6-5-4-3-2-1). Results will be tabulated and awards distributed as quickly as possible at the END of the meet. Medals will be awarded to the top three (3) in each event based on grade gender grouping. THERE ARE NO MEDALS OR SCORING FOR THE RELAYS. Team medal packets can be picked up by coach only. Unattached athletes can pick up at medal table at END of meet. There will be a line for team coaches and a lane for unattached athletes.
- Results: Posted online at Mile Split NY  
<http://ny.milesplit.com/meets/136393-cyo-upstate-track-meet>
- Order of Events:  
**Participants in Kindergarten are eligible for the 100m, 200m, standing long jump and PEE WEE Relay ONLY.**
  - Kiddie Dash: FREE for Pre-K only! Watch your little ones dash up the track. Great photos and a bucket of candy for finishers at the finish!
  - Developmental Hurdles 100m: 1-2, 3-4, 5-6, 7-8 girls and boys
  - 800m: 3-4, 5-6, 7-8 girls and boys
  - Long Jump: K, 1-2, 3-4, 5-6, 7-8 girls and boys
  - Shot Put: 1-2, 3-4, 5-6, 7-8 girls and boys
  - 100m: K, 1-2, 3-4, 5-6, 7-8 girls and boys
  - Developmental Turbo Javelin: 1-2, 3-4, 5-6, 7-8 girls and boys
  - 200m: 1-2, 3-4, 5-6, 7-8 girls and boys
  - 400m: 1-2, 3-4, 5-6, 7-8 girls and boys
  - RELAY 4x100: PEE WEEK (K-2)
  - RELAY 4x200: (Grade 3-8) by school if possible otherwise all interested athletes will be put onto teams
- Other Notes/ Miscellaneous :
  - Shot puts, turbo javelins and batons will be provided.
  - NO SPIKES, NO STARTING BLOCKS
  - Unless competing please stay off the track and field and infield except during designated warm up time
  - Please assure that athletes are properly and sufficiently trained to compete in the event you have placed them in and have adequate adult supervision during meet
  - Each team keeps their area clean of trash and when the meet is over all belongings are taken home and garbage is disposed of. These facilities are lent to us, free of cost and we need to keep clean.
  - Coaches and athletes PLEASE stay away from the timing and medals/results table during meet.
  - All officials are volunteers from various areas and of various ages. Please remind those associated with your teams that they deserve respect and patience. If a question results from an event please have the head coach address the concern to the meet director or meet referee. AND THEN PLEASE ACCEPT THE FINAL DECISION! REMEMBER MISTAKES HAPPEN.....EVEN IN THE MILLROSE GAMES AND THE OLYMPICS.
  - Volunteers who wish to help will be accepted on the day of the meet. We expect one volunteer per team attending.

- Most importantly, remind everyone to please remember why we are here and all should enjoy themselves. Please no un-sportsman like conduct, be they remarks, conduct or salutations.

**HAVE FUN!!!**

We hope to see you and your team at the meet!

Tim Flynn

Meet Director

1(914)714-0434 (cell)

[timpflynn@gmail.com](mailto:timpflynn@gmail.com) (email)