

CYO Track & Field Dates 2009

Divisions: Roadrunner - 3-4 Grade, Cub - 5-6 Grade, Cadet - 7-8 Grade

CYO Fees: \$71.00 per individual charged to Club. Club fees may vary.

Practice/Season Begins: March 16, 2009

Track & Field Coach Meetings & Clinic - ALL Coaches **March 5, 2009** Site: Valley Catholic High School
Track & Field Clinic **6:00** on the Track behind the High School
All Coaches Meeting @ **7:00** in cafeteria
May 7, 2009 7:00p.m., CYO Office

ASEP Coaches Training: **Wednesday, 3/9/09** 6:00p.m. - 8:30p.m. at De La Salle North Catholic (in library) 7528 N. Fenwick, Portland
ASEP is also available on-line! Go to the cyocamphoward.org website and click on the link to ASEP Training.

Track Meet Dates:

Regular Season: **Developmental (Qualifying) Meets**
Saturdays April 4, 18, 25, May 2
Meets begin at 8:30 a.m.

Optional Event: **CYO Relays** (Non Qualifying Meet) at La Salle H.S.
Saturday, 4:00p.m., **May 9, 2009**
Seperate Registration & Fee

CYO Championship Meets: **Roadrunner Championship at La Salle H.S.**
May 9, at 8:30 a.m.

CYO Track & Field Meet of Champions (M.O.C.) at Jesuit
May 16, 17, Saturday at 9:00 a.m., Sunday at 1:00 p.m.

Meet entries and times due: **Roadrunner Champs entries due April 28th to CYO Office**
M.O.C. entries due May 5 to the CYO Office

Rules: Please read the rules in the track and field section of the **CYO Sport Manual** for CYO specific rules. CYO Track & Field teams will participate in accordance with the current National Federation Track & Field Rules, unless otherwise specified in the CYO manual or an update.

Volunteers: Volunteers are needed at all meets. Each school will be responsible for providing 2 volunteers for every 10 athletes on the Club roster.

Paid Track Officials: Paid officials are needed at all events. If you know of someone who would like to work as a paid official please contact Mark Lee at 503-231-9484 ext. 103, or email mark@cyocamphoward.org

Officials Training: Mandatory training March 4, 5-8p.m. or March 28, at 9a.m.-12p.m. at the Valley Catholic High School Cafeteria. 4275 SW 148th St., Beaverton, 97007.