



St. Anastasia CYO 2018

TRACK & FIELD

Boys

Attention St. Anastasia School and CCD Students!
Grades 4 thru 8 and 3rd Grade born in 2008

Girls

Spring Registration is Open! www.saintanniescyo.org

Practice Schedule

- Season starts March 1st!
- 3 Days Per Week, require attendance for at least 2
- Monday thru Friday – dependent upon track/coach availability. Usually M, W, F
- Start at either 5:30 or 6:00 PM lasting approximately 1 hr.
- Locations are tentatively scheduled for MNHS, Delaware County Christian School and Episcopal Academy

Eligibility

Novice: Born 2007, 2008 *

Minor: Born 2005, 2006

Cadet: Born 2003, 2005 **

* includes 3rd graders born in 2008

** 8th Graders born on or after 9/1/2002

RELAY

4 x 100
4 x 200
4 x 400
4 x 800

EVENTS

INDIVIDUAL

100 meters
200 meters
400 meters
800 meters
1600 meters

FIELD

Shot Put
Long Jump

Meet Schedule

- 5 Practice meets starting late March thru April
- Penn Relays in April (Franklin Field)
- Regional Championship
- Area Championship
- Archdiocesan Championship (Franklin Field)
- Saturdays 9am to 1pm or 1 to 5 pm, Sundays 1 to 5 pm. Dates: TBD
- Meet location will be dependent upon track availability. Frequent locations are MNHS, Garnet Valley, O'Hara, Upper Darby

Register: www.saintanniescyo.org

Questions? Contact Coach Bill Moreau Billmoreau22@gmail.com 484-332-0654