

OMC CYO TRACK & FIELD 2017

No looking back . . . or sideways.

Welcome to the 2017 season!

As in past years, we are in Region 10 and Area A.

Coaches: Peter Amuso, Greg Castelli and JoEllen Musselman

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Age groups:

1. Third graders are eligible for the CYO team IF they were born in 2007.
2. Athletes are then grouped into 3 different age groups:

Novice: All athletes born in 2006 or 2007

Minor: All athletes born in 2004 or 2005

Cadet: All athletes born in 2002 or 2003*

*No athlete born before September 1, 2001 may compete.

Practices:

Starting Monday, **March 13th**, We will hold practice **Mondays, Wednesdays, and Fridays from 5:30 to 6:45pm** at the track at La Salle College High School, 8605 W Cheltenham Ave, Wyndmoor, PA 19038.* Athletes are expected to attend two practices a week.

*Except for Good Friday

Meets:

We have a Region 10 practice (or "ribbon") meet every Sunday* at 1pm from March 26th through April 30th. Most meets are at St. Basil's Academy in Jenkintown; the April 2nd meet will be at Lasalle College High School.

*Except Easter Sunday.

The Region 10 Championship Meet is Sunday, May 7th, at Upper Dublin HS.

The Area A Championship Meet is Sunday, May 21st at Plymouth-Whitemarsh HS.

The Archdiocesan Championship is Saturday, June 3rd, at Franklin Field.

CYO Night at the Penn Relays, Tuesday, April 25th.

Picnic: Sunday, June 5th, location TBD.

GO GOLDEN KNIGHTS!