



1949 Goldsmith Lane Suite -101
Louisville, KY 40218
456-2722 www.loucsaa.org

2019 CSAA TRACK MEET
1:00 Sunday, April 28th
Assumption Green Athletic Complex

Feb 14, 2019

AD's and Track Coordinators,

TRACK AND FIELD SEASON STARTING DATE: Official practice may begin March 4th. No parish sponsored clinics, practices, or workouts are allowed before this date.

MANDATORY MEETING: Track Coaches must attend a meeting on Feb 26th at 5:15 at the Catholic School Athletic Association Office located at 1949 Goldsmith Lane unit 101.

CSAA Track Coordinator, Mr. Kyle Yochum, will cover divisions, starting times, rule sheets, order of events, and entry process at the meeting.

REGISTRATION: Teams will use Milesplit to register their athletes for races. Running events will be seeded based on best times, per athlete report, at the starting line. Coaches should enter their athletes by time according to actual past performances, ideally from races, but in time trials or practice if necessary.

Registrations with times must be submitted via Milesplit.com / Kytrackxc by April 22nd. All teams must submit entries by this date.

Athletes adjusted after the due date will not receive first seeding placement and will not appear in the program.

Reception of all entries will be confirmed via milesplit.com.

Email changes/additions to - yochumk@saintxfac.com after the deadline. Include the school name and your name in the subject line. Late adjustments are not guaranteed after April 25th.

EVENTS

Each participant is allowed to enter a maximum of 4 events.

SR. BOYS

High Jump
Shot Put – 8 LB.
Long Jump
1600 Meter Run
55 Meters Hurdles
100 Meters Dash
200 Meters Run
400 Meters Run
800 Meters Run
4 x 100 Meter Relay

JR. BOYS

High Jump
Shot Put - 6 LB.
Long Jump
1600 Meter Run
55 Meters Hurdles
100 Meters Dash
200 Meters Run
400 Meters Run
800 Meters Run
4 x 100 Meter Relay

SR.GIRLS

High Jump
Shot Put - 6 LB.
Long Jump
1600 Meter Run
55 Meters Hurdles
100 Meters Dash
200 Meters Run
400 Meters Run
800 Meters Run
4 x 100 Meter Relay

JR. GIRLS

High Jump
Shot Put – 6 LB.
Long Jump
1600 Meter Run
55 Meters Hurdles
100 Meters Dash
200 Meters Run
400 Meters Run
800 Meters Run
4x 100 Meter Relay

The 55 meter hurdle event will include 5 hurdles per National Federation standards.

Exhibition Event Each team may enter one relay team per age and division for an exhibition race of the Sprint Medley Relay – 100, 100, 200, 400 Meters – to be contested before the 1600.

FRANCHISE FEE: \$15.00 per participant.

The CSAA “FUN MEET” will take place at St. John Paul II (3521 Goldsmith Lane) on Saturday May 11th at 10:00AM.

Boys and Girls 4TH grade and under are eligible to participate
Fee - \$5.00 per participant.

Athletes may participate in 3 of these 4 events: 60 yd. dash, 75 yd. dash, 220 yd dash & Long Jump.

Please check the above times and dates to be sure that you know where and when your school will be participating.

Please contact the CSAA Office at 456-2722 if you have any questions.
CSAA Track Director, Kyle Yochum can be reached at his e-mail address yochumk@saintxfac.com with any specific registration or event-related questions.

Thank you,

Rick Arnold
CSAA Executive Director

Kyle Yochum
CSAA Track Director