



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

2021 CSAA TRACK MEET
1:00 Sunday, April 18th
St. Xavier High School

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 March 1st on Google Meet – <https://meet.google.com/jjk-gngg-hsq> at 5:30. Anyone who missed the meeting should contact Kyle Yochum – kyochum@saintx.com

CSAA Track Coordinator, Mr. Kyle Yochum, will cover the change in 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, based on registered entry times. Coaches should enter their athletes by time according to actual past performances, ideally from races, but from time trials or practice if necessary.

Registrations with times must be submitted via Milesplit.com / Kytrackxc by April 12th. All teams must submit entries by this date.

Athletes adjusted after the due date are less likely to receive preferential 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 17th.

FRANCHISE FEE: \$17.00 per participant.

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 Meter Hurdles
100 Meter Dash
400 Meter Dash
800 Meter Dash
200 Meter Dash
4 x 100 Meter Relay

JR. BOYS

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

The 55 meter hurdle event will include 5 hurdles per National Federation standards.
Hurdles are 30” high. 13. m from start to 1st hurdle; 8.5 m between hurdles; 8 m to finish.

**The CSAA “FUN MEET” is tentatively set for St. John Paul II
(3521 Goldsmith Lane) on Saturday, May 8th, at 10:00AM.**

Boys and Girls 4TH grade and under are eligible to participate
Fee - \$7.00 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 502-836-1605, or through the email
address yochumk@saintxfac.com with any specific registration or event-related questions.

Thank you,

Rick Arnold
CSAA Executive Director

Kyle Yochum
CSAA Track Director