



ST. JOHN THE APOSTLE 5TH ANNUAL

CYO CHAMPIONSHIP INVITATIONAL

↔ TRACK AND FIELD MEET 2022 ↔

Meet Date: May 21ST, 2022

Rain Date: May 22ND, 2022

Venue: Rahway River Park (Track area), Rahway-NJ

Time: 8:30am

Divisions: K-2 Grade, 3-4 Grade, 5-6 Grade, 7-8 Grade

Gender: Boys and Girls

CHAMPIONSHIP EVENTS

• CHAMPIONSHIP 100M DASH

Participation Limit: NO LIMIT for Prelims

Participating Grades: Grades 3-8

Qualifiers for Final: Top 8 Boys and Top 8 Girls from the prelims will compete again in the following categories.

1. Newark Archdiocese- 1 heat per Div/Gen
2. Non-Archdiocese- 1 heat per Div/Gen

AWARDS: (Awards to Top 3 athletes in the following categories)

1. Newark Archdiocese- Top 3 per Div/Gen
2. Non-Archdiocese- Top 3 Div/Gen

Substitution/Move-up: No Substitution for Finals allowed. If your qualified athlete from prelims, fails to compete in Finals, you cannot substitute and no move - ups will be allowed.

• CHAMPIONSHIP 200M DASH

Participation Limit: NO LIMIT for Prelims

Participating Grades: Grades 3-8

Qualifiers for Final: Top 8 Boys and Top 8 Girls from the prelims will compete again in the following categories.

1. Newark Archdiocese- 1 heat per Div/Gen
2. Non-Archdiocese- 1 heat per Div/Gen

AWARDS: (Awards to Top 3 athletes in the following categories)

1. Newark Archdiocese- Top 3 per Div/Gen
2. Non-Archdiocese- Top 3 Div/Gen



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Substitution/Move-up: No Substitution for Finals allowed. If your qualified athlete from prelims, fails to compete in Finals, you cannot substitute and no move - ups will be allowed.

● CHAMPIONSHIP 1600M

Participation Limit: No Limit

Participating Grades: Grades 3-8

Qualifiers for Final: NO FINALS

AWARDS: (Awards to Top 3 in following Categories)

1. Newark Archdiocese - Top 3 Per Div/Gen
2. Non-Archdiocese - Top 3 Per Div/Gen

● CHAMPIONSHIP SMR 400-100-100-200

Participation Limit: 1 Team Per Div/Gen/School

Participating Grades: Grades 3-8

Qualifiers for Final: NO FINALS

Substitution: Open Registration, You may sub an athlete, if needed.

AWARDS: Trophies to top 3 teams + Individual Medals

SCORES: No separation of Awards for Newark Arch and Non-Arch.

● CHAMPIONSHIP LONG JUMP

Participation Limit: 1 Per Div/Gen/ School

Participating Grades: Grades 3-8

Qualifiers for Final: NO FINALS

AWARDS: (Awards to Top 3 in the following Categories)

1. Newark Archdiocese
2. Non-Archdiocese

● CHAMPIONSHIP TURBO JAVELIN - 300gm

Participation Limit: 2 Per Div/Gen/ School

Participating Grades: Grades 3-8

Qualifiers for Final: NO FINALS

AWARDS: (Awards to Top 3 in the following Categories)

1. Newark Archdiocese
2. Non-Archdiocese



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• CHAMPIONSHIP SHOT-PUT

Participation Limit: 2 Per Div/ Gen/ School

Participating Grades: Grades 3-8

Qualifiers for Final: NO FINALS

AWARDS: (Awards to Top 3 in the following Categories)

1. Newark Archdiocese
2. Non-Archdiocese

OPEN EVENTS (GRADES 3-8)

• 400M

Participation Limit: No Limit

Participating Grades: Grades 3-8

Qualifiers for Final: No Finals

AWARDS: Medals to Top 6

SCORES: No separation of Awards for Newark Arch and Non-Arch.

• 800M

Participation Limit: No Limit

Participating Grades: Grades 3-8

Qualifiers for Final: No Finals

AWARDS: Medals to Top 6

SCORES: No separation of Awards for Newark Arch and Non-Arch.

• DMR (400-200-200-800)

Participation Limit: 1 Team Per Gen/ School.

Participating Grades: 7-8 *Grade* Division ONLY, NO RUN-UPS allowed. **Qualifiers for Final:** No Finals

AWARDS: Medals (Individual - 4) to Top 3 Teams.

SCORES: No separation of Awards for Newark Arch and Non-Arch.

K-2 EVENTS

• 50M DASH, Non- Competitive

Participation Limit: No Limit.

Participating Grades: Grades K-2

AWARDS: Participation Ribbons to all at the Finish Line. No Timing! 3



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●4x100 RELAY

Participation Limit: 1 Team per Gen/School

Participating Grades: *1-2 Grade* Division ONLY

Substitution: You may sub the athletes, if needed. No Run-ups allowed.

AWARDS: Medals (Individual - 4) to Top 3 Teams.

● SOFTBALL THROW

Participation Limit: No Limit

Participating Grades: K-2 Grade

AWARDS: Medals to Top 6

MEET SCHEDULE/ORDER OF EVENTS

(Tentative schedule, Subject to Change)

8:30: Coaches Meeting

8:50: Prayer and National Anthem by SJA School Schola Team

9:00: Meet starts

ORDER OF EVENTS

- 1600m Championship
- 100m Championship Prelims and Simultaneously 50m Fun Run
- 400m
- 4x100 Relay (1st and 2nd Grade only)
- 200m Championship Prelims
- DMR 1600m (7-8 Grade only)
- 800m
- 100m Championship Finals
- 200m Championship Finals
- SMR 800m Championship
- Long Jump Championship - Open pit (9am - 1pm)
- Javelin Championship - Open Pit (9am - 1pm)
- Shot-Put Championship - Open Pit (9am - 1pm)

- Softball Throw - Open Pit (9am -noon)
- AWARD CEREMONY

All Events will be Girls followed by Boys.



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Based on participation, 1600m and 800m might be combined for boys and girls, but scored separately for each Div/Gen.

TIMING & RESULTS

F.A.T System for all events.

LIVE RESULTS right on your phones.

All results will be available online on milesplitnj.com

Bibs will be provided.

TEAM/ROSTER REGISTRATION

Registration details to follow soon...

Registration Fee: \$8 per athlete (Grades 2 - 8)

NO REFUNDS will be issued if your athlete does not show up at the meet. You have up to May 13th to add or delete entries or change events of your athletes.

OPEN REGISTRATION for Relay Teams, you may sub an athlete on the day but cannot add a relay team.

NO ENTRIES after the deadline date of May 14, 2022. All entries are finals, no add-ons will be allowed after the entry deadline date or on the day of the meet.

EVENT LIMITS

Each athlete may compete in maximum 3 Events + Relay (Relay does not count towards the 3).
No Minimum.

IMPLEMENTS

All Implements and batons for relays will be provided. We don't have a weighing station, so no athlete/school will be allowed to throw their own implements.

Shot Put (Division/Gender : Weight)

3-4 Girls/ Boys: 4lbs

5-6 Girls: 4lbs
5-6 Boys: 6lbs
7-8 Girls/Boys: 6lbs

Javelin

Turbo Javelin 300gms for all Division/Gender. Not offered to Grades 2nd and under. 5



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Long Jump Board

Please read the Board requirements, an athlete may jump from farther board but not closer. For example: All 5-6 Grade must jump from at least 4' board. 2' won't be permitted. Cones will be placed from the board they are jumping from. Please work with them.

3-4 Grade: 2'

5-6 Grade: 4'-6'

7-8 Grade: 6'- 8' (10' to be offered if jumping over 15', please notify)

Softballs

Regular size.

SPIKES POLICY

SPIKES ARE ALLOWED.

Athletes may wear spikes but not required. Only ¼" spikes are allowed.

RELAYS

- Boys and Girls Run separately.
- Run-ups are allowed, 1 per relay team.
- You may substitute athletes, if needed. Open Registration.
- 2nd Grade may run up 3-4 Grade teams only, only 1 per team allowed. • A 2nd Grader cannot run-up 3-4 Grade relay team AND run on 1-2 Grade Relay Team.

TEAM CHECK-INS / PACKET PICK UPS

- All team coaches must pick up their packets by 8am on May 21st, 2022. Like in the past, at the end of the meet, please drop yellow envelopes and Coaches pass before you leave the facility .
- COACHES MEETING AT 8:30-8:45am and group PICTURE at 8:50am with all Head Coaches and Ambassadors.
- Bibs for all registered athletes, pins, Order of Events, Facility map, 1 Coach pass per

team will be provided. You may request an extra Coach Pass if your team has over 50 athletes registered (Fun-Runners do not count towards 50).

- No Coaches allowed in-field by the Javelin area.
- Tentative Time-schedule is provided but the meet may run ahead or late for running events.
- No athlete will be allowed to compete without a Bib on them.



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- **Track will close for warm-ups at 8:45.am.** You may continue to warm up outside of the track on the grassy area away from softball throw and shot put areas.

EVENT CHECK-IN

Running Events

- Once your running event and division is called, all athletes must report at the clerking area to check-in for running events.
- Running events take precedence over field events. If your race is called while competing at a field event, please check-in with event incharge, inform them that you are leaving for the running event and come back for your field event. You will be allowed as long as you come back while the pit is open.
- Each athlete is assigned a BIB number and bibs cannot be exchanged. • All athletes must have their BIBS attached to the front of their competing shirts/tanks, visible.
- All athletes participating in running events must get their HIP NUMBERS at the clerking area.
- Once hip numbers are given, they will be seated by the in-field area with their heat, in the assigned order until it's their turn to run.
- Only participating athletes will be allowed in the clerking area.
- All athletes will run in their pre-defined heats only. Heat sheets are expected to be released 2 days prior to the meet.
- You will not be allowed to run if you miss your heat.
- Please listen to the calls made for your events and do not leave the facility before your race.
- In races 100m and 200m, Top 8 Girls and Top 8 Boys separately from Newark Archdiocese and Non-Archdiocese will compete for Finals at the end of the meet. Qualifiers will be announced after the conclusion of the prelims. NO Substitutions or move-ups will be allowed if a qualified athlete from prelims misses the final race. • 1600m and SMR have no finals.

Field Events

- All Field events, Long Jump, Shot-put, Javelin and softball are open pits. • All athletes must

check-in with the official in-charge ONLY when they are ready to compete.

- Each athlete is assigned a BIB number and bibs cannot be exchanged. 7



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- All athletes must have their BIBS attached to the front of their competing shirts/tanks, visible.
- All pits will close at a designated time, please see under “ORDER OF EVENTS” • If your athlete missed their event, they will not be allowed to compete once the pit is closed and results are issued. To ensure nobody misses, announcements will be made quite regularly. Coaches please keep track of your athlete’s events.
- Please see the Implement details above under the “IMPLEMENTS” section. •
- **SHOT-PUT:** 2 warm ups and 3 throws. Best out of 3 will be marked and recorded. •
- **JAVELIN :** 2 warm ups and 3 throws. Best out of 3 will be marked and recorded. •
- **SOFTBALL:** NO WARM-UPS, 3 Final throws. Best out of 3 will be marked and recorded.
- **LONG JUMP:** Flight of 6 athletes maximum at a time. **NO RUN BACKS ALLOWED.** 2 run throughs, 3 Final Jumps. All Jumps will be marked and recorded. Please make sure your athlete knows the board he/she is jumping from and their start mark on the runway.
- You may help your athlete get run throughs at Long Jump and must stay in Coaches view box while they are competing. Once they finish, please don’t hang around and clear the area as soon as your athletes are done.

ATHLETE ELIGIBILITY TO COMPETE

CRITERIA #1 : Athletes must be attending the current academic year of the school to participate.

OR

CRITERIA #2 : Athletes must be a member of the parish AND currently enrolled in the CCD program of the parish to participate.

AND

APPLY TO ALL PARTICIPANTS: All participating athletes from the above Criteria #1 and #2, must be registered on the current roster for the Track and Field Spring Season 2022 program offered by their parish/school.

CERTIFICATE OF INSURANCE

All participating schools, out of Newark Archdiocese are **REQUIRED** to submit Certificate of Insurance no later than **MAY 14TH, 2022**. Must provide to participate.



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VOLUNTEERS

At this point, we are uncertain about participation but if needed, each School may be asked to provide 1-2 volunteers for a 3-4 hour time slot to help around. Please make sure, they all comply with eligibility criteria and have Protecting God's Children Certification in current status.

FACILITY CLEAN UP

Good Samaritan, please clean up your team tent area or wherever your team members are stationed. Please advise your parents or make a team mom responsible for it. You may pick up Garbage bag, if needed, at the check-in table. There will be trash cans all around the facility. HIP NUMBERS fall off easy and stick on the track and turf. We might ask 1-2 volunteers just for this or else, please don't hesitate to clean up, if you see one. We would appreciate that.

CONDUCT

Please advise all your athletes that any kind of indiscipline will not be tolerated and may result in disqualification from the event/meet.

Please be respectful to all staff and parent volunteers, they are trying their best to make this happen for our children. I am very Thankful and Grateful for each one of you and our volunteers. Any misbehavior with the staff/volunteers will not be tolerated and may result in disqualification of the athlete or the whole team. If there is any issue, please report directly to me.

PARKING

There is ample parking space throughout the park and some small parking lots. Please park alongside the curb where allowed. Park has one-way traffic flow, follow and park to the right side of the road only. No parallel parking allowed. Violators will be towed or may get tickets. There will be officers on duty.

NO ONE is allowed to park next to the track area. ONLY PERMIT HOLDERS ARE ALLOWED. Please don't drive up to the track to load or unload unless you have a permit. STRICTLY ENFORCED.

SEATING

The track facility has bleachers on both sides of the track for seating. Please bring picnic blankets and/or chairs for additional seating options. No spectators will be allowed inside the fenced track facility.

TENT CITY

Tents are allowed but NOT ON bleachers or infield areas. All Teams/spectators must put their tents outside of the fenced track area. No tents in front of the concession stands either. There are plenty of grassy fields around the track to utilize. Please DO NOT place tents or any seating close to the shot put and softball throw CAUTION taped areas.



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MISCELLANEOUS

- Read the weather forecast before you pack for the day.
- Please bring sunscreen, hats, shades and wet towels to keep your athletes cool on a hot summer day.
- Please refer to the facility Map for any directions and details.

FIRST-AID/MEDICAL

FIRST-AID will be available at the Medical tent by the Javelin area.

COVID-19 PROTOCOLS

There are NO-RESTRICTIONS at the time but are subject to change. Please ensure at your end that everyone competing is well and has no symptoms. Safety is our bigger concern so please play safe.

CONCESSIONS STAND

There will be concessions at the meet, right by the track area. Please make use of it. CASH ONLY, please notify your parents.

AWARD CEREMONY

All Awards will be announced at the end of the meet, except for K-2 Fun-Run, for which participation Ribbons will be handed at the Finish Line. Winning athletes or Team Coaches may receive the Awards. A group picture with all winners present at the time will be taken at the end.

CONTACT INFO

For any further information, Please Contact;

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