



MARIA MICHTA-COFFEY RACE WALK INVITATIONAL

March 29, 2026

Sachem North H.S.

212 Smith Rd

Lake Ronkonkoma, NY 11779

(High School events NYSPHSAA sanctioned)

H.S. Events Co-Ed

SCHEDULE

11:30 am Check-in (at track)

12:00pm 3000m RW (HS Co-Ed)

12:30pm 5000m RW (HS Co-Ed)

1:10pm 1500m RW (HS Co-Ed)

PRE-REGISTRATION ONLY, by Noon Friday, March 27, 2026

Email only: ajyoung22@aol.com (Alex Young, Coach Sachem North Girls T&F)

Include Athlete: Name (first, last), Grade, School Name, Event Entering

Include Coach: Name, Contact phone number

Open Walks: Name (first, last), Age on 3/30/2025, Club/Town, Phone #

NO ENTRY FEES --- MEDALS TO ALL PARTICIPANTS

Meet Information: Email Alex Young

3000m & 5000m performances may be used to qualify for Penn Relays.

High School Boys & Girls may use their performances to qualify for H.S. Nationals.

FAT and streaming by Elite Feats <https://elitefeats.com>

EVENT SPONSORED & PRODUCED BY:

Sachem North H.S. Girls Track & Field Team – Coach Alex Young

WalkUSA & USATF-LI Race Walk Committee; Lorraine Ambrosino & Gary Westerfield

PENN RELAYS RACE WALK: Saturday, April 25, 2026

Franklin Field Stadium, Philadelphia

***Entry Deadline:** April 1, 2026 (Fields are limited to 25 entrants for each race.)

***Qualifying Standards:** Women's 5000: HS, U20, Masters (40+) 29:00 (5000), 16:45 (3000 equivalent)

Open (20+) 26:30 (5000), 15:00 (3000 equivalent)

Men's 5000: HS, U20, Masters (40+) 27:30 (5000), 15:45 (3000 equivalent)

Open (20+) 25:00 (5000), 14:00 (3000 equivalent)

*based on 2025 deadline/standards