

ST. ANASTASIA



TRACK and FIELD



2022

# What we want to cover today

- GENERAL:**
- Program Overview
  - Divisions and Event Requirements
  - WATER and SPORTS DRINKS

## FOR ATHLETES:

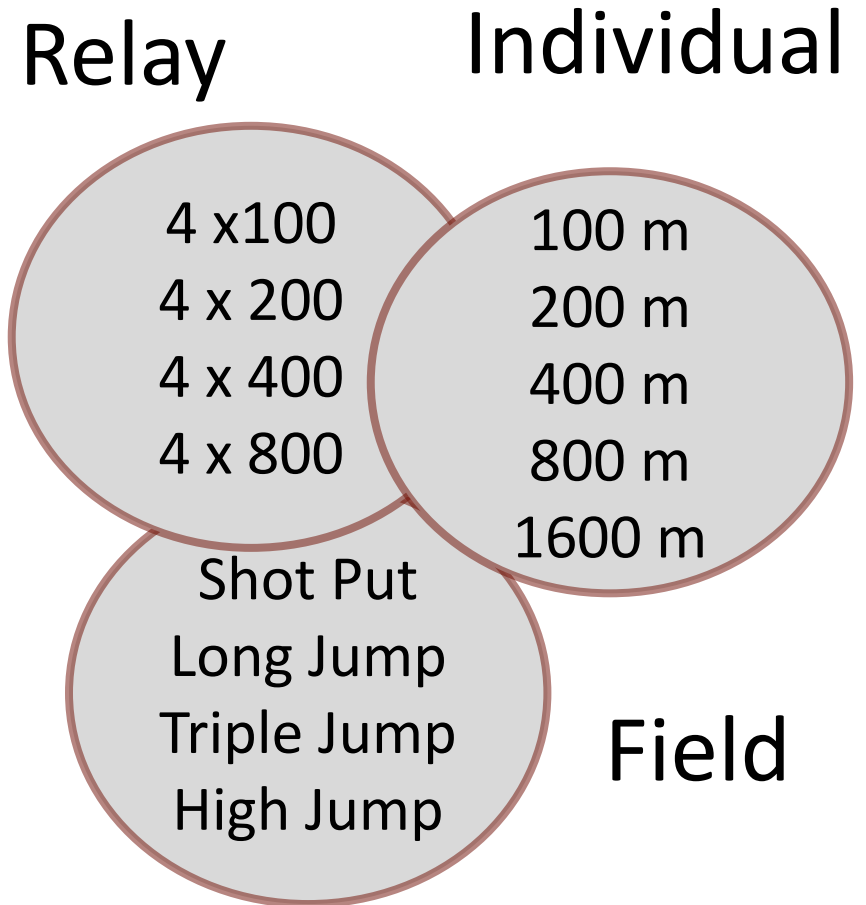
- SHOES
- NUTRITION
- WATER and SPORTS DRINKS

## FOR PARENTS:

- Meet Planning

# OUR PROGRAM

- Development Focused
  - Accepting of All Levels of Runner Experience
- All team members have the opportunity to participate
  - Includes minimum of Regional Meet in the Post Season



# DIVISIONS and EVENT REQUIREMENTS

- Divisions - By Birth Year

- NOVICE: 2011 and 2012
  - (includes 3<sup>rd</sup> graders born in 2012)
- MINOR: 2009 and 2010
- CADET: 2007 and 2008

**NOTE:** Our local region uses an INTERMEDIATES division during the Regular season. This is comprised of the younger year of the MINORS category (2010)

During the post season, they all run as MINORS.  
Gives more chance for kids to receive ribbons  
Harder to fit everyone in for the post season.

- EVENTS

- NOVICE and MINORS:
  - 3000 Meters Total
  - 3 Total Events
  - 1 Field Event
- CADETS:
  - 3200 Meters Total
  - 4 Total Events
  - 1 Field Event

**NOTE:** This is for the meets during the regular season. In the post season, the meters will remain the same, however the number of events decreases by 1. This makes it more challenging to get everyone in events in the post season.

# WATER, SPORTS DRINKS and EATING

- Our preference is water over sports drinks.
  - If doing sports drinks, try and alternate between that and water
  - There should be no sharing of drinks, even between family members.
  - If buying bottled water, try and buy the smaller bottles. They be more expensive but are less likely to go to waste.
- Meets
    - Please make sure that athletes are eating something for breakfast or in the morning.
    - A bagel or slice of peanut butter works well.
    - Avoid Eggs and Dairy products prior to racing
    - Philly pretzels are ok for meets, but as in the water bottles, try and buy the smaller pretzels
    - Avoid candy or high sugar content in between events.

If necessary:



# SHOES

Standard Running shoes will fall into 1 of 3 categories: NEUTRAL, SUPPORT and CONTROL

WAFFLES or RACING shoes are shoes that are extremely light and minimal support:

Do I need to buy spikes?

We recommend spikes for those runners that have gained some experience and are looking to make further improvement.

Spikes are not usually permitted at the practice meets

We also recommend that when buying spikes, that the runner test them out at 1 or 2 practices. You should not use spikes at every practice and the first time using them should not be at a meet.

# MEET SCHEDULE

Date	Time	Description **	Location	Notes
3/26 Sat	2:00 PM	MEET 1	O'Hara	
4/2 Sat	8:30 AM	MEET 2	MNHS	Annies Hosting - parent help will be needed
4/9 Sat	9:00 AM	MEET 3	TBD	
4/14 Thu	3:00 PM	Private Meet	EA	TENTATIVE: Grades 6,7,8
4/23 Sat	8:30 AM	MEET 4	MNHS	Annies Hosting - parent help will be needed
4/26 Tue	7:00 PM	Penn Relays Trials	Franklin Field	Junior Boy/Girl, Senor Boy/Girl
4/29 Fri	9:00 AM	Penn Relay Finals	Franklin Field	If Qualifying
4/30 Sat	9:00 AM	MEET 5	TBD	
5/10 Tue	3:00 PM	Private Meet	MNHS	Paxon Hollow: Grades 6,7,8
5/14 Sat	9:00 AM	REGIONAL MEET	TBD	Alt date 5/15/2022
5/21 Sat	9:00 AM	AREA D Championship	O'Hara	Alt date 5/22/2018
6/4 Sat	9:00 AM	Archdiocesan Championship	Franklin Field	
TBD		TEAM MASS		
TBD		TEAM PARTY		
TBD		TEAM CARWASH		

**NOTE:** All of these dates and times are subject to change. This display is to give you an idea of the regular and post season structure.

# MEET PLANNING

Seeded versus Unseeded. Seeded runners will be given priority at the meet. Also, their scores will be recorded. Unseeded runners will be told their times but not recorded.

- We try very hard to make sure all athletes are seeded in at least 1 meet

4x400 and the 4x800 are cross-division events. They Require 1 Novice, 1 Minor and the final two spots are open, but usually filled by a Cadet

All Other relays are by Division Only

Events in order →

4X200 4X800 100 1600 4x100 8x50 400 100 800 200 4X400 Shot Put Long Jump

Divisions

A,B or C are relay teams

1,2,3 are Seeded runners

X = Unseeded Runner

-- means runner is unavailable

	Trials						Finals						
	4X200	4X800	100	1600	4x100	8x50	400	100 F	800	200	4X400	Shot Put	
<b>CADET</b>	Boyce, Gavin	B		1		A							1
	Cappello, Andrew	A		2		A						2	
	Chreiman, Brian	B				B		2					X
	Collins, Billy	B				B					A		
	DeAngelo, Matt	--	--	--	--	--	--	--	--	--	--	--	--
	Dever, Daniel		A		1			1					
	Eburuoh, Justin	A				A					A		2
	Kirby, James		A		2			X					X
	Mills, Matt	A		3		B							
	O'Neill, Shane	--	--	--	--	--	--	--	--	--	--	--	--
	Patterson, Jack	B				B		3				1	
Sharretts, Noah	A				A					1		3	
	4X200	4X800	100 T	1600	4x100	8x50	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>MINOR</b>	Diaz, Armand	A		2		A							X
	Gillan, Kevin		A			B			1				
	Kain, II, John	A				A					A		X
	Lain, Danny			X		B		1					
	McDermott, Neil	A		3		B							2
	Peterson, Rory	B				A		2					X
	Reger, Luke	B		X		B						1	
	Shaak, Carter	A		1		A							1
	Chris Stasen	B		3							1		3
	Till, Brendan	--	--	--	--	--	--	X		X			
	4X200	4X800	100 T	1600	4x100	8x50	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>INTERM</b>	Collins, Matthew	A		1		A						1	
	Maye, Aidan	--	--	--	--	--	--	--	--	--	--	--	--
	McKeown, Chase	B		X				3					
	Moreau, Davis	A				A		1				2	
	Pascale, Matthew	A				A		2					1
	Raymond, Owen	A			1	A							
	4X200	4X800	100 T	1600	4x100	8x50	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>NOVICE</b>	Horwath, Zachary	A			3	A							
	Najdek, Gustav				2	A					A		
	Reynolds, Christopher	A		1				1					
	Rosefsky, Benjamin	A		2		A				--	--		
	Rosefsky, Evan		A		1	A				--	--		
	Waychunas, Eoghan	A		1				2					

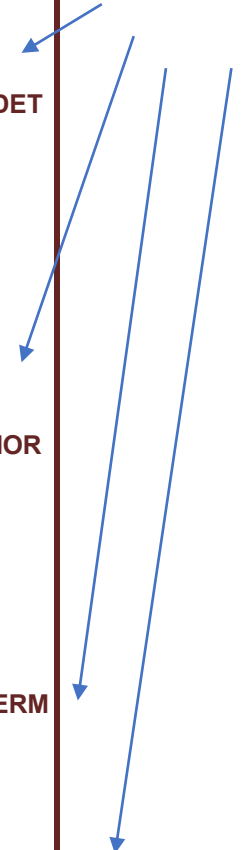
-- = Runner not available 1,2 or 3 = Seeded Runner X = Unseeded Runner A, B, or C = Relay Teams

CADET

MINOR

INTERM

NOVICE



	4X200	4X800	100 T	1600	4x100	400	100 F	800	200	4X400	SP	LJ
<b>CADET</b>	Bleckley, Ava	A		1						A		3
	Laphen, Annalisa	A		2		2						1
	Mounce, Marissa	A		3		1						2
	O'Neill, Grace	A	A					A			1	
	4X200	4X800	100 T	1600	4x100	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>MINOR</b>	Anderson, Reagan			2	1			1				
	Bleckley, Chloe	A		X		1						
	Brannan, Nora	A				A				A		1
	Fox, Riley	A		3		A						2
	Laverty, Stevie	A		1		A						3
	Quinn, Joanie		A			A				A		X
	4X200	4X800	100 T	1600	4x100	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>INTERM.</b>	Calvert, Chloe	--	--	--	--	X		1	X		1	
	Chreiman, Emily			3		2			3			
	Cunningham, Kerrilyn		A			3		2			2	
	Eburuoh, Michelle	A				A			1			2
	Gallagher, Ciara	A				1		X				
	Laphen, Therese				1	A		X			X	
	O'Donnell, Deirdre			X			X		2			3
	O'Neill, Madelyn			2			X		X			
	Pascale, Sophia	A		1		A						1
	Pavone, Alessandra	A				A		3			3	
	4X200	4X800	100 T	1600	4x100	400	100 F	800	200	4X400	Shot Put	Long Jump
<b>NOVICE</b>	Bethke, Keira			1		A			3			1
	Dempsey, Kayleigh	A				1				A		
	Iannucci, Isabella	A				A			X			
	Joslin, Clare			3					1			
	Nelson, Gabrielle	A	A			A						
	Patterson, Erin	A				A		1				
	Peterson, Kate			2			2		2			

-- = Runner not available

1,2 or 3 = Seeded Run X = Unseeded Runner

A, B, or C = Relay Teams