

**IMMACULATE CONCEPTION CYO  
TRACK AND FIELD  
2020**

**SUB-NOVICE, NOVICE, MINOR AND CADETS**

**Now is your chance to join the most successful Immaculate Conception CYO sports team ever. If you want to experience being part of a team, are willing to work to be your best, and you know how to have fun, the track team is for you.**

Our Track & Field Team is successful when lots of kids come out and we have depth in all events. If you don't like sprinting, try a distance event. If running is not your thing, try shot put (our shot putters have great success). Like to jump? Try long jump or high jump. If you are willing to put in the work the coaches will help you, and encourage you to achieve your potential.

**You Can Do Track and Play Another Sport** -- Most Track and Field team members participate on one or two other teams. To accommodate this some kids leave practice early or arrive late, other kids practice only twice a week. Being on another team should not keep you from participating on the Track and Field Team.

**TEAMS GOALS**

- Have fun at every practice and meet.
- Build team spirit with teammates encouraging, supporting and helping each other to be their best.
- Help everyone achieve their potential.
- Learn to compete and how to win and how to lose with grace.
- Win the boys and girls Region 10 Championship.
- Win the boys and girls Area A Championship
- Qualify more kids for Archdiocesan Champs than last year.

**Age Groups** – Your age group is determined as of December 31, 2018. High School students are not eligible.

Sub Novice: Ages 5 – 8 – born 2011 through 2014  
Novice: Ages 9 and 10 - born 2009 and 2010  
Minor: Ages 11 and 12 - born 2007 and 2008  
Cadets: Ages 13, 14 and 15 - born 2005 and 2006, and on or after September 1, 2004.

**Eligibility** -- All members of the Immaculate Conception and St James parishes who were born on after September 1, 2004 through December 31, 2014 and who have not graduated eighth grade.

**Participation** -- Everyone who comes to practice on a regular basis will participate in all meets through the Region 10 Championship Meet. To compete in the Area A Championship and Archdiocesan Championship you must meet qualifying standards.

**PENN RELAYS – 4 X 100 Meter Relay Teams.** We will have two boys and two girls relay teams compete at Franklin Field on Tuesday, April 21<sup>st</sup> from 6:30 PM to 8:30 PM attempting to qualify to run in the Penn Relay Championships on Friday morning April 24<sup>th</sup>. Everyone is welcome to compete for a place on these teams. Penn Relays Age Groups - under twelve years of age and over twelve years of age as of December 31, 2019.

**Roster** – Rosters are available on the parish website (<https://www.iccjenkintown.org/track-and-field>). You can print a roster, fill it out and turn it in with a check for \$25 (plus \$15 if you want a shirt) at practice, or mail to O'Connell & Company at 165 Township Line Avenue, Suite 1100, Jenkintown, PA 19046

# IMMACULATE CONCEPTION YOUTH MINISTRY

CYO

2020

## TRACK & FIELD SCHEDULE

### PRACTICE – NOVICE, MINOR AND CADET AGE GROUPS

Two weeks beginning Sunday, March 8<sup>th</sup> thru March 19<sup>th</sup>

Sunday 1:30 PM to 3:00 PM

Wednesday & Thursday 5:15 PM to 6:15 PM

March 23<sup>rd</sup> thru May 28<sup>th</sup>

Monday, Wednesday and Thursday 5:15 PM to 6:30 PM

All practices will be at the Jenkintown High School Track, unless otherwise communicated.

## MEET SCHEDULE - NOVICE, MINOR & CADET

**RIBBON MEETS AT LASALLE HIGH SCHOOL**

**Time - 1:00 PM to 4:00 PM**

**SUNDAY**

**March 22, 29, April 5, 19, 26**

### MAJOR MEETS

<b>Date</b>	<b>Day</b>	<b>Location</b>	<b>Events</b>	<b>Time</b>
<b><u>PENN RELAYS - TRIALS</u></b>				
04/21/20	Tuesday	Franklin Field - UofPenn	4x1 Teams Only	6:30PM to 8:30PM
<b><u>PENN RELAYS - FINALS</u></b>				
04/24/20	Friday	Franklin Field - UofPenn	Qualifying Teams	8:00AM to 11:00PM
<b><u>REGION 10 CHAMPS</u></b>				
05/03/20	Sunday	Upper Dublin HS	All Events	1:00 PM to 6:30 PM
<b><u>AREA A CHAMPS</u></b>				
05/17/20	Sunday	Plymouth Whitemarsh HS	All Events	1:00 PM to 6:30 PM
<b><u>ARCHDIOCESAN CHAMPS</u></b>				
05/30/20	Saturday	Franklin Field - UofPenn	All Events	9:30 AM to 3:30 PM

### SUB NOVICE

The Sub-Novice program runs for five weeks from March 23<sup>rd</sup> through May 1<sup>st</sup>.

#### Practice Schedule

March 30<sup>th</sup> to May 1<sup>st</sup>, 2020

Tuesdays and Friday 5:15 PM to 6:15 PM – We need volunteers to help with Sub-Novice Practices

Check the IC website <http://iccjenkintown.org/> (go to CYO TAB) for updates.

### SUB NOVICE TRACK MEETS

<b>DATE</b>	<b>DAY</b>	<b>TIME</b>	<b>LOCATION</b>	<b>EVENTS</b>
04/24/20	Friday	6:15 - 7:45	Jenkintown HS	100, 175, 350, & LJ
05/01/20	Friday	6:15 - 7:45	Jenkintown HS	100, 175, 350, & LJ