

## CYO Track & Field 2025

Registration closes Thursday, March 27<sup>th</sup>

Rosters Due: Tuesday, April 1<sup>st</sup>



### Regionals

Sunday 4/6, 1PM: Alemany HS, 11500 Memory Park Ave, Mission Hills

Sunday 4/6, 1PM: Damien HS, 2280 Damien Ave. La Verne

Sunday 4/13, 1PM: St. Paul HS, 9635 S. Greenleaf Ave., Santa Fe Springs

Sunday 4/13, 1PM: St. Anthony HS Athletic Complex, 4832 Clark Ave, Long Beach

### Preliminaries

Sunday 5/4, 1PM: St. Paul HS, 9635 S. Greenleaf Ave., Santa Fe Springs

### Finals

Wednesday 5/7, 5PM: St. Paul HS, 9635 S. Greenleaf Ave., Santa Fe Springs

\*Please let all spectators know there will be a \$5.00 entrance fee for all adults (9<sup>th</sup> grade and older). K-8<sup>th</sup> grade students free. No charge for clergy, teachers or certified CYO coaches with proper identification.

\*\*Team set up areas may vary from location to location. You will be advised at check in where your team can set up.

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### Registration

Schools shall register on Doodlio.com. Payment by Credit Card required.

2025 Costs: **A/B Athletes: \$15**    **C Athletes: \$12**

**Instructions on how to register are included on the registration page. Please read/view them.**

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## Rule Notes

Each school may enter three (3) competitors into each event at the Varsity & B Level

Each school may enter twelve (12) competitors into the 100M and ten (10) in the javelin throw at the “C” level; three (3) competitors in the 400M & 800M at the “C” level, and two (2) 4 x 100M relay teams at the “C” level.

Order of events are included below.

## Advancing to Prelims & Finals

The top eight (8) competitors at each Regional in the Varsity and “B” level will advance to the Prelims. The top eight (8) competitors at the Prelims in the Varsity and “B” level will advance to the Finals.

**The 9<sup>th</sup> and 10<sup>th</sup> place finishers in individual events at the Prelims will be considered alternates for the Finals. If one or two of the top 8 finishers in an event does not wish to participate in the Finals, then the alternates will be allowed to compete.**

**A maximum of 8 competitors will be allowed for each individual event. The alternates are invited to attend the finals, but not guaranteed they will participate.**

“C” athletes will not advance beyond the Regionals. 1<sup>st</sup>-3<sup>rd</sup> place & participation ribbons will be awarded for each “C” event.

## Worksheets

There is one worksheet for each level. Enter the names of your athletes under the events they will be participating in. This is not an official document and the athletes need not compete exactly as you list them. However completing the worksheet will help you stay organized and help the meet run smoothly.

Bib #s will be provided for all participants competing in the “A” and “B” levels.

## Team Rosters - MILESPLIT

All must be added to team rosters on MileSplit. **All rosters must be submitted by Tuesday, April 1<sup>st</sup>.** Instructions will be emailed separately.

Individual events will be coordinated on site at each venue. Events are not to be added on MileSplit.

**\*\*\*THERE WILL BE NO WALKUP REGISTRATIONS\*\*\***

## Volunteers

Each school will be required to provide **three** adult volunteer (age 18 or older) to help with the meet. Volunteers should arrive no later than 30 minutes prior to the start of the meet at which time they will be assigned a role.

## CYO Track & Field Championships 2025

### Order of Events for Regionals and Prelims

\*\* "C" Events are only run in the Regionals \*\*

- 4 X 100 meter relay - Girls "C"
- 4 x 100 meter relay – Boys "C"
- 4 x 100 Meter Relay – Girls "B"
- 4 x 100 Meter Relay – Boys "B"
- 4 x 100 Meter Relay – Girls "A"
- 4 x 100 Meter Relay – Boys "A"
- 1600 Meter Run – Girls "B"
- 1600 Meter Run – Boys "B"
- 1600 Meter Run – Girls "A"
- 1600 Meter Run – Boys "A"
- 400 Meter Dash – Girls "C"
- 400 Meter Dash – Boys "C"
- 400 Meter Dash – Girls "B"
- 400 Meter Dash – Boys "B"
- 400 Meter Dash – Girls "A"
- 400 Meter Dash – Boys "A"
- 100 Meter Dash – Girls "B" & 100 Meter Dash Girls "C"\*
- 100 Meter Dash – Boys "B" & 100 Meter Dash Boys "C"\*
- 100 Meter Dash – Girls "A"
- 100 Meter Dash – Boys "A"
- 800 Meter Run – Girls "C"
- 800 Meter Run – Boys "C"
- 800 Meter Run – Girls "B"
- 800 Meter Run – Boys "B"
- 800 Meter Run – Girls "A"
- 800 Meter Run – Boys "A"
- 200 Meter Dash – Girls "B"
- 200 Meter Dash – Boys "B"
- 200 Meter Dash – Girls "A"
- 200 Meter Dash Boys "A"
- 4 x 400 Meter Relay – Girls "B"
- 4 x 400 Meter Relay – Boys "B"
- 4 x 400 Meter Relay – Girls "A"
- 4 x 400 Meter Relay – Boys "A"

\* 100M Dash for "C" will be run at the same time as the 100M Dash for "B" but on the opposite side of the track.

## Field Events

- Girls "B" Long Jump
- Boys "B" Long Jump
- Girls "A" Long Jump
- Boys "A" Long Jump
- Girls "A" Shot Put (6lb. shot)
- Boys "A" Shot Put (8lb. shot)
- Girls "B" Shot Put (6lb. shot)
- Boys "B" Shot Put (6lb. shot)
- Boys "B" Javelin Throw (300 gram javelin)
- Girls "B" Javelin Throw (300 gram javelin)
- Boys "A" Javelin Throw (300 gram javelin)
- Girls "A" Javelin Throw (300 gram javelin)
- Girls "C" Javelin Throw (300 gram javelin)
- Boys "C" Javelin Throw (300 gram javelin)

A competitor may compete in any three events. Exceptions:

A.) "A" competitors (7<sup>th</sup> and 8<sup>th</sup> grade) will have no restrictions and may compete in any three events. Both the 800M and 1600M runs are strenuous events. Running them in combination requires several weeks of training. To enter this combination of events, the athlete's coach must certify that the athlete has previously competed in this combination in a meet and did so without difficulty.

B.) If an athlete at the "B" level (5<sup>th</sup> and 6<sup>th</sup> grade) is entered in any two of the following events (400M, 800M, 1600M, 4x400M), their third event must be a field event or the 4x100M Relay. Exception: if doing the 800M and 1600M then their third event can only be a field event.

C.) "C" level athletes may only compete in three events.

**\*\*Any athlete caught violating exceptions A through C will be disqualified from all events that he/she participated in. If the violation occurs in the Finals, it will include forfeiture of any points earned and medals awarded. If the violation occurs in the regionals or prelims, the athlete will be barred from competition in the Finals.**

## General Rules

1. No spikes of any kind or shoes made to take spikes will be allowed. Any contestant wearing illegal shoes in any competition will be immediately disqualified from all events that he/she participated in.
2. No jewelry of any kind, including Live Strong bracelets may be worn. Failure to remove jewelry will lead to immediate disqualification.
3. Athletes who fail to report to the Clerk of the Course for their intended event will be automatically scratched from that event.
4. Field Event Athletes and their Coaches are responsible for competing in their designated events within the allotted time. Any delays may result in their disqualification.
5. Shot put and long jump events will be contested in flights. Jumpers who must leave for another event will be allowed to make-up a jump with the prior approval of the event judge. Contestants leaving the pit area(s) without approval from the field judge will be declared finished and not allowed to come back and complete any other jumps or throws.
6. All running events will be run in heats. There will be no run-offs at prelims.
7. The 800M and 1600M runs will begin with a waterfall start.
8. The 4 x 400M Relay will be run with a 2 turn stagger.
9. The top eight times and marks of the day will advance to the next level.
10. "C" Division athletes do not advance beyond the Regionals. If a coach wishes to have a "C" Division athlete advance, that athlete must compete as a "B" in the Regionals.

11. Any athlete who qualifies for the next level in an individual event may not withdraw from that event to compete in a relay. Athletes who fail to qualify in an individual event may substitute into a relay at the next level.
12. For any dispute not detailed in the CYO rule book, the State Federation rule book will be used to settle any such disputes. All decisions are final.
13. "A" & "B" level for boys and girls, can only have one relay team per division.
14. Javelin is an official scored event. Schools may enter three competitors at the "A" & "B" level, ten competitors at the "C" level. The event will count towards the number of events for the athlete.
15. The 9<sup>th</sup> and 10<sup>th</sup> place finishers in individual events at the Prelims will be considered alternates for the Finals. If one or two of the top 8 finishers in an event does not wish to participate in the Finals, then the alternates will be allowed to compete.
16. A maximum of 8 competitors will be allowed for each individual event. The alternates are invited to attend the finals, but not guaranteed they will participate.

