



ST. ANASTASIA



TRACK and FIELD



2021

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~~

Relay

4 x100
4 x 200
4 x 400
4 x 800

Individual

100 m
200 m
400 m
800 m
1600 m

Shot Put
Long Jump
Triple Jump
High Jump

Field

DIVISIONS and EVENT REQUIREMENTS

- Divisions - By Birth Year

- NOVICE: 2010 and 2011
 - (includes 3rd graders born in 2011)
- MINOR: 2008 and 2009
- CADET: 2006 and 2007

- EVENTS

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

Note: Our local region uses an INTERMEDIATES division during the Regular season. This is comprised of the younger year of the MINORS category. However, during the post season, they all run as MINORS. Gives more chance for kids to receive ribbons but makes it harder to fit everyone in for 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 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 cross divisions. 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

Division	Trials						Finals						Shot Put	Long Jump
	4X200	4X800	100	1600	4x100	8x50	400	100 F	800	200	4X400			
CADET	Boyce, Gavin	B		1		A								1
	Cappello, Andrew	A		2		A						2		X
	Chreiman, Brian	B				B		2						
	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	
MINOR	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	
INTERM	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	
NOVICE	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						

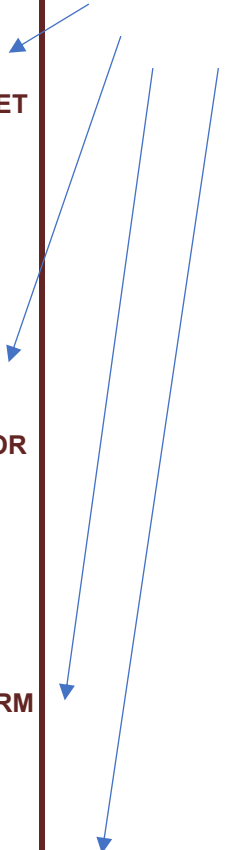
-- = Runner not available 1,2 or 3 = Seeded Runner X = Unseeded Runner A, B, or C = Relay Teams

CADET

MINOR

INTERM

NOVICE



	4X200	4X800	100 T	1600	4x100	400	100 F	800	200	4X400	SP	LJ
CADET	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
MINOR	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
INTERM.	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
NOVICE	Bethke, Keira			1		A			3			1
	Dempsey, Kayleigh	A				1				A		
	Iannucci, Isabella	A				A			X			
	Joslin, Clare			3			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