

St. Vincent de Paul Flyers Track and Field 2011 - QUICK REFERENCE

Federal Way Track - Registration FREE					
Grade	Events		Shirt	Meets	Practice
K-2	50m (K) 4x25m (K) 4x100m 100m Longjump Softball		Tee \$10	16-Apr 1:15 PM	Starts 15-Mar Tue, Fri 5:30 PM 1.5 hour
				K Champ. 3rd qualifying	
				30-Apr am/pm	
3	100m	1600m		3rd grade Championship	
	200m	4x100m		14-May tbd	
	400m	Longjump			
	800m	Softball			

CYO Track - Registration \$20					
Grade	Events		Shirt	Meets	Practice
4-5	Shuttle Longjump Softball 50yd 60yd	4x400m 75yd 100m 200m 400m	Singlet \$20	30-Apr 10 or 2:30	Starts 15-Mar Tue, Fri 5:30 PM 1.5 hour
				All grades	
				Qualifying	
				7-May 10 or 2:30	
				Pentathlon	
6-8	Highjump Shotput Sprint medley Co-ed 4x400m	800m 1600m Turbo-jav		8-May 12:30	
				Championship	
				14-May 10:00 and 12:00	
				Team champ.	
				21-May 10:00 or 3:00	



Practices @ Columbia JR HIGH, Fife (A on map)
(Registration form required to practice)

CYO meets @ Chief Sealth HS, South Seattle

FW meets @ Federal Way High School

8th grade pentathlon @ West Seattle Stadium

Contact information

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