

Age Groups

St. Bede's CYO Track & Field is open to all St. Katharine Drexel school students and/or registered parishioners attending CCD in grades 1-8. Track & Field athletes are divided into gender-specific Age Group teams. The division of the athletes is known as *Age Groups*. Unlike most other CYO sports, the teams are not solely based upon grade; rather, the teams are based upon age and grade. The age groups are defined as follows*:

Sub-Novices: All ages 5 – 8

Minors: All athletes ages 11 or 12

Novices: All athletes ages 9 or 10

Cadets: All athletes ages 13 – 15**

*Ages of the athletes are determined as of September 1st of the current school term

**Cadets may only be 15 years old if born on or after September 1st of the current school term

All athletes, regardless of age group, compete in weekly, regular season competitions, called *meets*; however, the Championship Meets are Age Group specific.

Season

St. Bede CYO Track & Field is conducted in the spring season. St. Bede's begins practices on March 1st. The last round of Championships for qualifying athletes occurs on the first Saturday in June. The season concludes prior to the end of June with an End of Season Awards Day.

Events

St. Bede CYO Track & Field meets consist of several contests, called *events*, in which an athlete can participate. Some of the events are limited to athletes based upon their age group. Events are divided up into three (3) categories: individual running, individual field, and relays. The events are as follows:

Individual Running

- 100m Dash (All Grades)
- 200m Dash (All Grades)
- 400m Dash (All Grades)
- 800m Run (3rd – 8th Graders only)
- 1600m Run (4th – 8th Graders only)

Individual Field

- High Jump (4th – 8th Graders Only)
- Long Jump (All Grades)
- Shot Put (4th – 8th Graders Only)
- Triple Jump (Cadets Only)

Relays

- 4x100m (All Grades)
- 4x200m (All Grades)
- 4x800m (4th – 8th Graders Only)