



HFS Track and Field

Annual St. Phillips Falcon Invitational Meet

HFS Track & Field is open to Grades
3 - 8.

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If your child plans to compete in the
Annual St Philip (Falcon Invitational) Meet
on Sat, March 25th @ La Salle HS, you
need to let Coach Buzz know what events
they wish to participate in no later than
Noon, Monday, March 20th.
Schools must have all athletes entered
electronically by Monday.

Here is info on the Meet itself:

Location is La Salle HS in Pasadena. 3880 Sierra Madre Blvd, corner of Sierra Madre & Michillinda.

Gates open at 7:45. Entrance fees are: \$5 for adults, \$1 for children 14 and under. Cash only. All athletes and those with a valid CYO coaches card are free.

Athletes may compete in a max of (4) events, but no more than (3) running events.

Novice runners (3rd & 4th grade) may NOT compete in both the 50 and 100.

Schools are limited to (6) participants per event, except the 200 and 400 which is limited to (4). So, if more than six ask to run a particular event, those getting their info to me first will have priority.

In the 50 (novice), we are limited to (20) participants in both the boys & girls. Again, those getting back to me first will have priority.

It is a long day. I will bring two EZ-Ups, but bringing your own is highly advised. You'll need water and snacks as well. La Salle will have a snack bar on site (cash only).

Please look at the list of events. Athletes should arrive at least one hour prior to the estimated start time of their event.

If you have any questions, please get in touch with Coach Buzz: bcook@holyfamilly.org
And once again, a HUGE thank you to Tina Baker who has offered to help lead the team.