

East-West Invitational Hosted by St. Michael School

When: May 2, 2010
Time: Gate opens at 1:00
2:00PM Field Events, 2:45 Running Events
Location: Livonia Ladywood High School
Entry Fee: \$100 per school (boys & girls teams)
Checks payable to 'St. Michael Athletic Association'
Send to: Dennis Murray
33042 Summers
Livonia MI 48154
Questions: Dennis Murray
(734) 513-9992(H) (313) 231-5567(cell)
dmurray3@ford.com or dennismurray3@yahoo.com

Open Order Field Events start at 2:00 - Long Jump, Shot Put
High Jump (Girls first to completion)

CYO Order of Running Events:

- 1) 100M Prelim (top 2 from each heat will advance)
- 2) 3200 Relay
- 3) 800M Relay
- 4) 400M
- 5) 200M
- 6) 800M
- 7) 100 M Finals
- 8) 1600M Run
- 9) 400M Relay
- 10) 1600M Run

Awards:

Medals for boys and girls 1st, 2nd, 3rd places for all events
Perpetual trophy for overall boys and overall girls champion

Notes:

4 athletes per team per event
8 team limit (logistics and parking)