

# OUR LADY OF PERPETUAL HELP

CATHOLIC YOUTH ORGANIZATION

LINDENHURST, NY



## FALL TRACK



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### GENERAL INFORMATION (UPDATED FOR FALL 2025)

OLPH TRACK IS FOR GIRLS & BOYS IN GRADES 1st THRU 8th

FALL SEASON STARTS: early SEPTEMBER

FALL SEASON ENDS: early NOVEMBER

(these dates are approximate)

#### PRACTICES:

- most often are TUESDAY & THURSDAY EVENINGS at LINDENHURST MIDDLE SCHOOL TRACK, but location & times may differ depending on availability
- practices start at 6:30 and last for 60-75 minutes (typically)

#### TRACK MEETS:

- There are usually 4 or 5 meets PER SEASON
- Meets begin after the first 3<sup>rd</sup> or 4<sup>th</sup> week of practice
- meets are Saturday OR Sunday
- common meet locations: RONKONKOMA, MASSAPEQUA, LINDENHURST, PATCHOGUE, HOLBROOK

#### TYPICAL EVENTS:

- Dashes of 55m, 100m, 200m
- Relays of various distances
- Mile run for older kids

**REGISTRATION FEE:** \$100 \*\*

*Note: DISCOUNTED EARLY REGISTRATION, \$80 THRU 8/1/25 \*\**

**REGISTER ONLINE:** [WWW.LEAGUELINEUP.COM/OLPHCYO](http://WWW.LEAGUELINEUP.COM/OLPHCYO) (pay w/ credit card)  
online registration is open until 9/1/25

**IN PERSON REGISTRATION:** SUNDAY 8/10/25, 12noon until 3pm  
OLPH GYM, 240 S WELLWOOD AVE (ENTER ON HIGH ST SIDE)  
pay w/ check to OLPH CYO (or cash)

#### UNIFORM:

An OLPH TRACK T-SHIRT is required for meets.

\*\*T-SHIRT cost is \$10 and is separate from registration fee. T SHIRT can be paid for at IN-PERSON REGISTRATION or at an early season practice. It cannot be paid for online at this time. You CAN reuse T-SHIRT from the previous season if you'd like.

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