

MONMOUTH OCEAN  
PAROCHIAL LEAGUE



## Developmental Meet

*\*\* Important note: Competitive athletes in grades 3 and 4 can run in Junior races*

### ORDER OF EVENTS

Coaching Meeting: 12:30 PM | Start: 1:00 PM

EVENT	RUNNERS	GRADES
300M	Pee Wee	Grades 4 and under
1200M	Junior boys / Junior girls	Grades 5 & 6
1600M	Senior boys / Senior girls	Grades 7 & 8
50M	Pee Wee	Grades 1 - 4
50M	Junior boys & girls	Grades 5 & 6
100M	Senior boys / Senior girls	Grades 7 & 8
100M	Junior boys / Junior girls	Grades 5 & 6
400M	Junior boys / Junior girls	Grades 5 & 6
400M	Senior boys / Senior girls	Grades 7 & 8
800M	Junior boys / Junior girls	Grades 5 & 6
800M	Senior boys / Senior girls	Grades 7 & 8
4x100M relay	Junior boys / Junior girls	Grades 5 & 6
4x100M relay	Senior boys / Senior girls	Grades 7 & 8
200M	Junior boys / Junior girls	Grades 5 & 6
200M	Senior boys / Senior girls	Grades 7 & 8

Long Jump: JB/JG/SB/SG - Limited to 4 per division

Shot Put: SB/SG - Limited to 8 per division

**High Jump will not be held.**

### QUESTIONS

Erin O'Neill | [erinoneill1111@gmail.com](mailto:erinoneill1111@gmail.com) | 908-672-2453

Joe Compagni | [joecompagni@gmail.com](mailto:joecompagni@gmail.com) | 908-616-0119