



## MARIA MICHTA-COFFEY RACE WALK INVITATIONAL

March 30, 2025

Sachem North H.S.

212 Smith Rd

Lake Ronkonkoma, NY 11779

(High School events NYSPHSAA sanctioned)

New for 2025--H.S. Events Co-Ed

### SCHEDULE

11:30 am Check-in (Cafeteria)

12:00pm 3000m RW (HS Co-ed)

12:30pm 5000m RW (HS Co-Ed)

1:10pm 1500m RW (HS Co-Ed)

1:30pm 3000m & 5000m Open RW

(M & F: U-20, open & Masters)

## **PRE-REGISTRATION ONLY, BY 11:59pm Friday, March 28, 2025**

**Email only:** [ajyoung22@aol.com](mailto:ajyoung22@aol.com) (Alex Young, Coach Sachem North Girls T&F)

**Include Athlete:** Name (first, last), Grade, School Name, Event Entering

**Include Coach:** Name, Contact phone number

**Open Walks:** Name (first, last), Age on 3/30, Club/Town, Phone #

## **NO ENTRY FEES --- MEDALS TO ALL PARTICIPANTS**

**Meet Information:** Email Alex Young

3000m & 5000m performances may be used to qualify for Penn Relays. High School Boys & Girls may use their performances to qualify for H.S. Nationals. FAT and streaming by Elite Feats <https://elitefeats.com>

### **EVENT SPONSORED & PRODUCED BY:**

Sachem North H.S. Girls Track & Field Team – Coach Alex Young

Walk USA & USATF-LI Race Walk Committee

Coaches Lorraine Ambrosino & Gary Westerfield

