



# MARIA MICHTA-COFFEY

## Race Walks & 5000m Run

### Sunday – April 5, 2020

#### Sachem North H.S.

212 Smith Rd

Lake Ronkonkoma, NY 11779

#### SCHEDULE

8:30-9:20 am Packet Pickup-Cafeteria

9:30 am 3000m RW (H.S. Girls Only)

10:00 am 5000m RW Open & Masters  
USATF-LI & USATF-NY Championships

10:30 am 1500m RW Youth & Novice

10:50 am 5000m RW (H.S. Girls Only)

11:35 am Elitefeats 5000m Run M & W\*

12:00 pm Awards-Cafeteria

\*5000m Run Standard-sub 20:00

(Limit 20; Must start last lap by 19:00)

**PRE-REGISTRATION ONLY BY 12:00 noon on Friday, April 03, 2020**

By Email only to [garywesterfield@verizon.net](mailto:garywesterfield@verizon.net) the following data:

Event, First name, second name, gender, age, school/club

Personal Best in Race Walking (Running)

For more information only: (631) 834-9340

High School events NYSPHSAA sanctioned- All other events USATF sanctioned.

**NO ENTRY FEE TO ALL PARTICIPANTS.**

Souvenir Medals to All. Plaques to first three in each race.

FAT/CHIP timing, accurate splits and lap countdown display by Elitefeats, Inc.

High School Girls may use their performances for qualifying at the Penn Relays and New Balance Outdoor Nationals.

**EVENT SPONSORED & Produced by:**

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

Walk USA & USATF-LI Race Walk Committee - Gary Westerfield, Chair

Elitefeats, Inc.