



MARIA MICHTA-COFFEY RACE WALK INVITATIONAL

March 23, 2024

Sachem North H.S.

212 Smith Rd

Lake Ronkonkoma, NY 11779

SCHEDULE

- 9:30 am Check-in, Cafeteria north of Sachem North Track
- 10:00am 3000 m. RW (HS girls only)
- 10:30am 5000 m. RW (HS girls only)
- 11:10am 1500 m. RW (HS girls only)
- 11:30am 3000m & 5000m Open RW (M & F, open & Masters)

PRE-REGISTRATION ONLY BY 6:00 pm Friday, March 22, 2024

Email only: 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 3/23, Club/Town, Phone #

NO ENTRY FEE TO PARTICIPANTS

Meet Information: Email Alex Young
(High School events NYSPHSAA sanctioned)

High School Girls may use their performances for qualifying at Penn Relays and NSAF (formerly New Balance) Outdoor Nationals. Open performances good for Penn as well.

EVENT SPONSORED & PRODUCED BY:

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

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