

# LONG ISLAND TRACK & FIELD RACE WALK GRAND PRIX



A Series of Track Race Walks at the Sachem High Schools  
Presented by:

the Sachem Youth Advisory Group and WalkUSA

To promote race walking development & benefit the Tom Toscano Foundation

Made possible by a grant from USATF-Long Island

**Races on the Sachem East H.S. 400m Track, starting @ 11 AM:**

1. March 25, 2012.....**2000m**.....5 Laps (1.25 mi.)
2. April 15, 2012.....**3000m**.....7 1/2 Laps (1.86 mi.)
3. May 06, 2012.....**4000m**.....10 Laps (2.5 mi.)

**Grand Prix Final and Maria Michta Day @ the Sachem North H.S. Track, starting @ 11 AM**

4. June 10, 2012.....**5000m**.....12 1/2 Laps (3.1 miles)

**Scoring:** Grand Prix will be based on the total points scored in each race. Points will be awarded for each event and totaled to determine the winners in each competitive category. All contestants score, so that last gets 1 point, and first, the total number in the event; except for in the final, where points will be doubled.

**Competitive Categories (based on gender & age as of 06/10/2012:**

Male & Female: 14 and Younger, 15-16, 17-19, 20-39, 40-69, 70+

**Awards:** The USATF-LI Walter Hawrys Cup for the highest point total, Commemorative Plaques for 1-3 in each category. Medals for all finishers in each race.

**Entry Fees:** \$10 per event or \$25 for the series; checks payable to the **Tom Toscano Foundation**

**Registration:** By mail or by 10:30 on race day.

**Mail Entry to:** Peter McNeill, Sachem East High School, 177 Granny Rd., Farmingville, NY 11738

**Sachem East H.S. 177 Granny Rd., Farmingville, NY 11738**

**Sachem North H.S. 212 Smith Rd., Lake Ronkonkoma, NY 11779**

**For Information Contact:** Gary Westerfield (631)-979-9603, or email [garywesterfield@verizon.net](mailto:garywesterfield@verizon.net)

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Name \_\_\_\_\_ Age on 06/10/2012 \_\_\_\_\_ Male\_\_ Female\_\_

Address \_\_\_\_\_

Street

City

State ZIP

Telephone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Signature (Parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Waiver to be signed on race Day for each event.

