



GREEK ORTHODOX METROPOLIS OF CHICAGO

Junior Olympics

Saints Constantine and Helen Greek Orthodox Church

11025 South Roberts Road, Palos Hills, Illinois 60465

Telephone (708) 974-3400 Fax (708) 974-0179

www.stconstantinehelen.org/jrolympics.html



37th Annual Metropolis of Chicago Junior Olympics...2018

February 19, 2018

Dear Reverend Father/Parish Junior Olympic Director,

We are thankful to our Lord and God that you and your community will be joining us at the Metropolis of Chicago Junior Olympics **May 25-27, 2018**, as we celebrate our 37th year of Orthodox Christian Athletic Fellowship.

We are presenting you this packet in which you will find the following material:

1. *Schedule of events (subject to change);*
2. *Athletic Registration Form/Insurance Waiver/Code of Conduct:*
Make copies for *each participant* from your parish and return with rosters by **May 10, 2018**. Code of Conduct must be read to and adhered to by all participants, coaches, advisors and parents in the Jr. Olympics;
3. *Scholarship Applications*
This year four (4) \$500 scholarships will again be awarded. Read applications carefully. (Applicants must have been Jr. Olympic participants). **Deadline: May 10, 2018.**
4. *Specific Rules for Each Event & "Working Rosters" For Each Event (Except Team Sports)...* that you will keep for your own use. YOU ARE NOT TO SEND US THESE "WORKING ROSTERS."
5. *Track and Field Roster, Tennis/Table Tennis/Board Games Roster & Team Sport Rules/Rosters*
The Track & Field Roster represents only the track and field events in the Jr. Olympics. There is a different roster for Tennis/Table Tennis/Board Games. Basketball, Bowling, Soccer, Softball, Volleyball and Wrestling have their respective roster sheets, which must be filled out in their entirety for a Parish's team(s) to participate which are enclosed. To fill out a Track and Field Roster you will go to www.directathletics.com, sign up and create an account for your church. Follow the directions on page 5, 6, & 7 in the Track and Field section of this document for a step by step process. Questions and concerns must be directed to Dimitri Georges (Registration Event Manager), who is your liaison for the entry process. His email address is: dggeorges@comcast.net. Please **do not contact DA directly** for questions and concerns. Deadline to register for Track and Field using www.directathletics.com is May 23, 2018 at 11:59 p.m.

The Tennis/Table Tennis/Board Games Roster is the same as in previous years, done through the excel spread sheet familiar to the Jr. Olympics. Any questions regarding the Tennis/Table Tennis/Board Games Rosters and Team Sport Rosters **MUST** be directed to **Dn. Chris Avramopoulos** at **312-337-4130**. Tennis/Table Tennis/Board Games Roster and Team Rosters are due by **May 10, 2018**.

OVER ☩

Please take time to read this material thoroughly, forwarding rules to their respective coaches. Should you have any questions, please contact us immediately (708) 974-3400.

Registration / Rosters – Dn. Chris Avramopoulos (cpavro@aol.com) (708) 288-2876

Volunteers / Public Relations – Very Fr. Tom De Medeiros (tomdemed@aol.com) (708) 974-3400

Facility Concerns – Jim Stavrou (jstavrou777@yahoo.com) (708) 974-3400

All Other Concerns – Very Fr. Tom De Medeiros (tomdemed@aol.com) (708) 974-3400

Yours in Christ,

Rev. Fr. Tom De Medeiros
Director of Public Relations and Volunteers

Rev. Dn. Chris Avramopoulos
Director of Registration and Rosters

Mr. Jim Stavrou
Director of Facilities and Operations



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PLEASE NOTE:

All Roster Forms and Information
must be downloaded from the website:

www.stconstantinehelen.org/jrolympics.html

Once you have completed your rosters, you must:

1. Email Tennis/Table Tennis/Board Game Rosters to
DN. CHRIS AVRAMOPOULOS
cpavro@aol.com

2. Email team sport Rosters to **DN. CHRIS AVRAMOPOULOS**
cpavro@aol.com

3. Email the Swimming Rosters to **NICK GRIVAS**
orthodoxswim@gmail.com & cpavro@aol.com

4. Paper copies, with signatures, are to be mailed to
Greek Orthodox Metropolis of Chicago
Attention: Junior Olympics – Dn. Chris,
40 East Burton Place
Chicago, IL 60610
By May 10th, 2018

Email all Track & Field Questions to **DIMITRI GEORGES**
do not contact directathletics directly
dggeorges@comcast.net

All parishes **MUST** email the roster and present a paper roster with signatures

Very Important: If changes need to be made to the Tennis/Table Tennis/Board Games Roster, after you have submitted it, please wait until you have had a chance to make all of your changes and then submit another Tennis/Table Tennis/Board Games entitled Final Version with the changes highlighted in yellow. Do not continuously send a Roster with highlighted changes every time you make a change. Wait until you are confident there will be no other changes and then send it in. This goes for team sport rosters as well. If there are further questions please contact Dn. Chris to make the specific changes.

ALL COMPLETED ROSTERS MUST BE SUBMITTED BY MAY 10, 2018



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PLEASE NOTE: **T-SHIRT AND JERSEY** **REGULATIONS:**

- 1. ATHLETES MAY NOT HAVE NAMES / NICKNAMES / SLOGANS ON JERSEYS OR T-SHIRTS**
- 2. ALL PLAYERS IN TEAM SPORTS MUST HAVE A NUMBER PRINTED ON THE BACK OF THEIR JERSEY OR T-SHIRT**
- 3. COACHES / ADVISORS / CHAPERONES MAY NOT HAVE “STAFF” PRINTED ON THEIR JERSEYS OR T-SHIRTS**

Olympic Village Cafe

OPEN

SATURDAY: TRACK & FIELD AT STAGG HIGH SCHOOL
SOCCER AT MORRAINE VALLEY COLLEGE
& BACK FIELDS AT STAGG HIGH SCHOOL

SUNDAY: IMMEDIATELY FOLLOWING LITURGY AT
SAINTS CONSTANTINE & HELEN AND
SOCCER AT BACK FIELDS OF STAGG

TASTE THE DELICACIES

PORK-K-BOBS

PASTICHIO

TYROPITA

SPANAKOPITA

PIZZA

HAMBURGERS

HOT DOGS

FRAPPE

AND MUCH MORE



ALL PROCEEDS BENEFIT KORAE'S SCHOOL

Metropolis of Chicago Junior Olympics...2018

Date: May 25-27, 2018

Host Parish:

SS. Constantine & Helen Greek Orthodox Church
11025 South Roberts Road
Palos Hills, Illinois 60465
708-974-3400

Contact your
Local Parish Church Office
for more information

Categories:

Ages 7 thru 12:

Track * Field * Basketball (7-10 / 11-13) *

Soccer (BIDDY: Born between 2009-2011 / J.O.Y.: Born Between 2006-2008) *

Swimming* Chess * Checkers * Backgammon/Tavli *

Ages 13 thru 18:

Track * Field * Volleyball * Swimming *

10K Run * Tennis * Bowling *

Chess * Checkers * Backgammon/Tavli *

Table Tennis * Softball* Wrestling *

Soccer (Jr. G.O.Y.A.: Born Between 2003-2005)

(G.O.Y.A.: Born after Sept. 1 1999 & through 2002)*

Ages 19 and over:

10K Run (10,000 Meter)

37th ANNUAL JR. OLYMPICS

SCHEDULE OF EVENTS

Friday, May 25, 2018

5:00-7:00 p.m. Reg. Bowling – Brunswick Zone, 1555 W. 75th Street, Woodridge, IL
w/Special Olympians.

Saturday, May 26, 2018

6:30 a.m. Gates to open at A. A. Stagg High School Stadium

7:00 a.m. Registration/Check-In-All Parishes must have entered by 7:45 a.m.

8:00 a.m. 37th Annual Opening Ceremonies

1. March of Athletes
2. Prayer offered by His Eminence Metropolitan Nathanael
3. Anthems
4. Scriptural Charge To Athletes
5. Lighting of Torch and other traditional activities
6. 10 Kilometer Run begins

9:30 a.m. Hospitality Area “Olympic Village Café” opens
SS. Constantine and Helen Church

9:30 a.m. Track & Field Events Begin (J.O.Y)
(with 50 m run for special needs children first)

9:30 a.m. Check-In Tennis Singles Check in Begins for all ages.

10:00 a.m. Tournament Begins Tennis Singles Begins (All 13-15 yr. Olds)
Stagg High School Tennis courts

9:30 a.m. Check-In Table Tennis begins (All Ages)

10:00 a.m. Tournament Begins Saints Constantine & Helen Church - East Room

9:30 – 12:00 Noon Volleyball Begins (G.O.Y.A.)
Stagg North Gym (Boys) Stagg South Gym (Girls)

9:30 a.m. Check-In Chess /Checkers/Backgammon-Tavli (All Ages)

10:00 a.m. Tournament Begins Stagg Rug Room (Next to the South Gym)

11:30 a.m. Tournament Begins Tennis Singles Begins (All 16-18 yr. olds)
Stagg High School Tennis courts

12:00 p.m. Basketball Begins (Minors)
Saints Constantine & Helen Church - Gym

12:00 p.m. Basketball Begins (Majors)
Stagg Charger Gym

12:00 p.m. Softball Begins (G.O.Y.A.)
Saints Constantine & Helen Church Fields

- 12:00 p.m.** Soccer Begins (BIDDY / J.O.Y. / JR. G.O.Y.A.)
Stagg High School Back Fields
- 12:00 noon** Track & Field Begins (G.O.Y.A.)
- 1:00 p.m.** Tournament Begins Tennis Doubles Begins (All Ages)
Stagg High School Tennis courts
- 4:00 p.m.** All Track & Field Events End
- 4:00 p.m.** G.O.Y.A. Soccer Begins
Stadium Field
- 4:00 p.m.** Volleyball Continues (G.O.Y.A.)
Stagg North Gym (Boys) Stagg South Gym (Girls)
- 8:00 p.m.** Will be very latest that events will last.

Sunday, May 27, 2018

- 7:15 a.m.** Orthros / Divine Liturgy/ Pentecost/Scholarship Presentation
Saints Constantine and Helen Church

After Liturgy Hospitality Area “Olympic Village Café” opens
SS. Constantine and Helen Church

- 1:00 p.m.** Swimming Events Coaches Scratch Meeting
Stagg Pool Office
- 2:00 p.m.** Basketball continues
SS. Constantine and Helen Church gym (Minors)
Stagg Charger Gym (Majors)
- 2:00 p.m.** Weigh-In Wrestling Tournament Begins (5th – 12th grades)
Stagg Rug Room (Next to the South Gym)
- 2:00 p.m.** Swimming Events Begin (All Ages)
Stagg Pool
- 3:30 p.m.** Volleyball Continues (G.O.Y.A.)
Stagg North Gym (Boys) Stagg South Gym (Girls)
- 1:30 p.m.** Softball Continues (G.O.Y.A.)
SS. Constantine & Helen Church Fields
- 2:00 p.m.** Soccer Continues (Biddy / J.O.Y. / JR. G.O.Y.A.)
Stagg High School Back Fields
- 2:45 p.m.** 16-18 G.O.Y.A. Soccer Continues
Stadium Field
- 7:00 p.m.** Approximate end of all events

GREEK ORTHODOX METROPOLIS OF CHICAGO JR. OLYMPICS

ATHLETE REGISTRATION FORM / INSURANCE WAIVER / CODE OF CONDUCT ACCEPTANCE

REGISTRATION FORM:

Please PRINT neatly

NAME:		
Last Name	First Name	Middle Initial

ADDRESS:

CITY:	STATE:	ZIP:
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HOME PHONE #:	CELL PHONE #:
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EMERGENCY #:	E-MAIL:
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PARENTS CELL PHONE #:	PARENTS EMAIL:
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DATE OF BIRTH:	AGE:	GRADE:
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MALE / FEMALE <small>(CIRCLE ONE)</small>	WEIGHT:	HEIGHT:
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NAME OF CHURCH:

(BE PREPARED TO PRESENT A BIRTH CERTIFICATE, IF NECESSARY)

<i>For Local Church Use Only:</i> Shirt Size: Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large <input type="checkbox"/>

INSURANCE WAIVER

We consent and give authority to obtain medical care and treatment of any and all injuries as a result of participation in the Greek Orthodox Metropolis of Chicago Junior Olympics.
INSURANCE (HOSPITALIZATION) COMPANY: _____
POLICY NUMBER: _____ DATE: _____
DRUG ALLERGIES: _____
**Signature of Parent: _____

We, the parents (legal guardians) of the above child, do give our consent and approval for his/her participation in any and all activities of the Greek Orthodox Metropolis of Chicago Junior Olympics. In consideration of our child's acceptance in said activities, we the undersigned do hereby agree to indemnify and hold harmless The Greek Orthodox Metropolis of Chicago Junior Olympics, under the auspices of The Greek Orthodox Metropolis of Chicago, and the Parish of SS. Constantine & Helen Greek Orthodox Church its directors, officers, coaches, and agents, and all churches/parishes that fall under its jurisdiction, without regard to any negligence on their part, against any claim for damages, compensation or otherwise including all losses and expenses caused to or by our child while participating in any Athletic Program or activity of The Greek Orthodox Metropolis of Chicago Junior Olympics, under the auspices of the Greek Orthodox Metropolis of Chicago.

WAIVER & RELEASE OF ALL CLAIMS & ASSUMPTION OF RISK

Please read the reverse side of this Enrollment/Registration Form. It contains a waiver and release of all claims and assumption of risk while involved in the program or activity registering for shown above.

I recognize and acknowledge that there are certain risks of physical injury to participants in these programs/activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Greek Orthodox Metropolis of Chicago, a Metropolis of the Greek Orthodox Archdiocese of America, including its officials, agents, volunteers and employees (herein after collectively referred to Greek Orthodox Metropolis of Chicago).

I do hereby fully release and forever discharge the Greek Orthodox Metropolis of Chicago and the Parish of SS. Constantine and Helen Greek Orthodox Church from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my child/ward and arising out of, connected with, or in any way associated with these programs or activities. I have read and fully understand the important information, **warning of risk, assumption of risk and waiver on the reverse side; and release of all claims.** If registering on-line or via fax; your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

PARTICIPATION WILL BE DENIED; if the signature of an adult participant or parent/guardian and date are not completed below.

**** Signature of Parent:** _____ **Date:** _____

IMPORTANT INFORMATION

Participants and parents/guardians of minors registering for the listed programs/activities must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs. You are solely responsible for determining if you or your minor child/ward is physically fit and/or sufficiently skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant pregnant or disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities/programs may challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in an recreational activity/program. Not all hazards and dangers can be foreseen. Depending on the particular activity, participants must understand that certain risks, damages and injuries due to inclement weather, slipping, falling, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating and all other circumstances inherent to indoor and outdoor recreation activities/programs exist. It must be recognized that the Greek Orthodox Metropolis of Chicago and the Greek Orthodox Parish of SS. Constantine and Helen are not responsible for the safety of any participant.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in the programs/activities identified on the reverse side of this form, you will be expressly assuming the risk and legal ability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with said programs/activities (including transportation services/vehicle operation, when provided).

I recognize and acknowledge that there are certain risks of physical injury to myself or my minor child/ward in the programs/activities set forth on the reverse side, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Greek Orthodox Metropolis of Chicago and the Greek Orthodox parish of SS. Constantine and Helen including their officials, agents, volunteers and employees.

I do hereby fully release, forever discharge and agree to hold harmless the Greek Orthodox Metropolis of Chicago and the Parish of SS. Constantine and Helen Greek Orthodox Church from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with these programs/activities.

I have read and fully understand the above important information, **warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, your on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Participant’s Signature (18 years or older or Parent /Guardian) must sign on reverse side.

Metropolis of Chicago Jr. Olympics Code of Conduct/Mission Statement

“...if anyone competes as an athlete, he does not win the prize unless he competes according to the rules. ... Remember therefore Jesus Christ, risen from the dead...”(2 Timothy 2: 5-8)

These words of St. Paul, an athlete for Christ, serve as the “code” and “mission” of the Metropolis of Chicago Jr. Olympics. All participants, coaches, advisors, organizers, parish leaders, parents and spectators are expected to keep high the ideals of these games, which namely are:

- to obey the “rules of play”;
- to adhere to the age requirements;
- to respect the event supervisors and officials;
- to understand that all participants must be stewards of their parish, and involved in the parish’s education and youth programs;
- to promote Christian athletic fellowship;
- to maintain a demeanor that is typical of a faithful, believing, God-loving Orthodox Christian;
- to respect all people involved in the games and to treat those people as one would the Lord Jesus Christ Himself

We acknowledge receipt of the Code of Conduct / Mission Statement of the Greek Orthodox Metropolis of Chicago Jr. Olympics and further acknowledge having read and received this Code with our child and pledge our adherence to it.

Signature of Parent/Guardian

Signature of Participant

(If not signed, child will be disqualified)



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“Founded 1982”

APPLICATION FOR SCHOLARSHIP AWARD □ DEADLINE FOR ENTRY: MAY 10, 2018

I. ELIGIBILITY REQUIREMENTS

Applicant must be a high school senior who will graduate at the end of the current school term. Four \$500.00 scholarships will be awarded. Applicant’s family must be practicing Orthodox Christians and members of a parish community located within the jurisdiction of the Greek Orthodox Metropolis of Chicago.

All applicants must have maintained a minimum of a B average (3.00 on a 4.00 system) during the entire high school course of study.

The applicant must be a previous Junior Olympics participant.

The applicant must have applied to a four year college or university pursuing undergraduate studies.

This application must be signed at the space provided at the bottom of the page.

All applications, to be considered complete, must be accompanied by:

- A certified transcript of grades from the high school of the applicant.
- Two (2) completed recommendation forms. These forms are to be submitted separately by educators at the applicant’s current school of attendance. *It is the applicant’s responsibility to assure that the selected educators submit the required forms prior to the deadline date.*
- A certified copy of the results on either the ACT or SAT test. Not required if noted on official transcript.
- A photograph of the applicant no larger than 2-1/2 x 3-1/2, which the Scholarship Committee is authorized to use for publicity purposes.
- Use separate sheets for sections IV, VI and VII if necessary.

For further information, please contact your Jr. Olympics Parish Representative or call (708) 974-3400.

All applications, forms and correspondence should be sent directly to:

JUNIOR OLYMPICS SCHOLARSHIP COMMITTEE

c/o SS. Constantine & Helen Church

11025 South Roberts Road, Palos Hills, IL 60465

I hereby acknowledge that I have read the eligibility requirements and state that I am eligible for consideration of a Scholarship award.

Signature of Applicant: _____ Date: _____

II. STUDENT INFORMATION (Please type or print all information on this application.)

Name _____

Address _____

City, State, Zip: _____ AC/Phone _____

Names of Parents': _____

1. I am currently enrolled as a High School Senior

2. List the college or the two most probable schools you will be attending this Fall

3. I am an active member of my parish community. Yes No

Name of Church: _____

City, State, Zip: _____

4. Are your parents' members in good standing of the above church? Yes No

4a. If yes, please submit a letter of "Good Standing" from your Parish Priest.

5. Describe your family's involvement in service to your parish community (Parish Council, Philoptochos, Sunday School, Choir, etc.) Do not include your involvement as it will be covered in another section.

III. ACADEMIC INFORMATION

(To be rated 60% of total evaluation)

High School _____ City, State _____

Expected Graduation Date _____ Cumulative Grade Point Average (GPA) on 4.0 = A basis _____

ACT Comp _____ SAT Verbal _____ SAT Math _____ SAT Total _____

Attach transcript of high school grades.

Scholastic Honors / Awards

Honor _____ School _____ Year _____

Honor _____ School _____ Year _____

Honor _____ School _____ Year _____

Honor _____ School _____ Year _____

(Explain details on separate sheet).

IV. SIGNIFICANT ACTIVITIES

(To be rated 20% of total evaluation)

High School Activities and Involvement

Church Activities and Involvement

Civic and Community Activities and Involvement

Junior Olympics Program Involvement



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Junior Olympics

Saints Constantine and Helen Greek Orthodox Church

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Telephone (708) 974-3400 Fax (708) 974-0179

www.stconstantinehelen.org/jrolympics.html



RECOMMENDATION FORM - PLEASE RESPOND BY MAY 10, 2018

THIS RECOMMENDATION FORM MUST BE COMPLETED BY AN EDUCATOR AT THE APPLICANT'S SCHOOL OF ATTENDANCE.

The student below has applied for a scholarship. The Scholarship Selection Committee wishes a frank appraisal of the applicant's qualifications. The student's demonstrated ability, scholarship, character and other pertinent facts are welcome evidence. The appraisal is confidential and will not be seen by the candidate. If necessary, please use a separate enclosure for your appraisal. Please mail your response to the "Junior Olympics Scholarship Committee", 11025 South Roberts Road, Palos Hills, Illinois, 60465 no later than **May 10, 2018**. For further information, please contact your Jr. Olympics Parish Representative or call (708) 974-3400.

Applicant's Name:

Address:

City:

State:

Zip:

Name: _____ Title: _____

Institution: _____ Date: _____

2018 Greek Orthodox Metropolis of Chicago Jr. Olympics Official Rules and Regulations

AGE REQUIREMENTS:

The following requirements apply to all events except TEAM SPORTS. See Separate Team

1. ***J.O.Y. (Junior Orthodox Youth/Pre-Teen):***

- a. 8-10 years old (must be at least 8 and no older than 10 before May 25, 2018).
- b. 11-12 years old (must be at least 11 and no older than 12 before May 25, 2018).

2. ***G.O.Y.A. (Teens):***

- a. **Junior Division** - 13-15 years old (must be at least 13 and older than 15 before May 25, 2018).
- b. **Senior Division** - 16-18 years old (must be at least 16 and no older than 18 before May 25, 2018) and **in High School**. (Winter graduates may participate within the current academic year of scheduled graduation with proof of December graduation).

EVENT RULES AND REGULATIONS

I. ***TRACK AND FIELD:***

PLEASE NOTE: TRACK AND FIELD PARTICIPANTS MAY NOT PARTICIPATE IN CHESS / CHECKERS / TABLE TENNIS

A. ***J.O.Y. (Saturday / 9:30 a.m. / Track Area)***

1. **TRACK EVENTS:** 8-10 and 11-12 BOY'S and GIRL'S DIVISION 50 yd. Dash; 200 shuttle relay.
 - a. One (1) participant per church, age and gender.
 - b. One (1) relay team per church, age and gender.
2. **FIELD EVENTS:**
 - a. 8-10: Softball Throw / As many participants male/female per church as needed.
 - b. 11-12: Softball Throw / As many participants male/female per church as needed.
 - c. 11-12; 13-15; 16-18: Long Jump / Only two participants per age division male/female. (Only two boys and two girls per parish for each age division.)
3. ***Make sure you enter Name, Gender, Event, Age Information on the enclosed Master Roster.***

B. ***G.O.Y.A. (Saturday / 12 noon / at Track Area).***

1. The following are the track and field events for 13-15 and 16-18 BOY'S and GIRL'S DIVISIONS: 100; 400; 800; 400 Relay; 1 Mile Run; Long Jump; and Shot Put.
2. Only one (1) participant per age and gender in the individual events, **except** two (2) per age and gender for the 1 Mile Run.
3. Only one (1) relay team per age and gender. Four (4) athletes per relay team. Only junior-age athlete on your relay teams. However, you may put junior-age athletes on your senior relay teams. No junior athlete may compete on both your junior 400 and senior 400 relays.
4. No athlete may compete in more than three (3) track and two (2) field events.
5. Athletes may NOT wear spikes in any events. Track shoes with the metal portions removed may be used; otherwise flat running shoes only will be allowed.
6. (Starting blocks will not be used).
7. ***Make sure you enter Name, Gender, Event, Age information on the enclosed Master Roster.***

SPECIAL NOTE FOR J.O.Y. and G.O.Y.A. Track and Field:

Coaches only will be allowed. No substitutions permitted the day of the competition - NO NEW ADDITIONS.

II. 10 Kilometer Run (10,000 Meter) (Saturday / 8:30 a.m. / Begins On Track)

- A. Route will take runners through the neighborhoods of Palos Hills.
- B. Runners will be divided by gender and by the following age brackets 13-15; 16-18; 19-29; 30-39; 40-49; 50-59; 60 and over. (Supervisor of this event may need to alter bracketing depending on number of runners.)
- C. ***Make sure you enter Name, Gender, Event and Age information on the enclosed Master Roster.***
- D. At Olympics, no substitutions are permitted. **NO NEW ADDITIONS.**

TRACK & FIELD EVENTS LIST

	EVENT	AGE GROUP	GENDER	RESTRICTIONS
J.O.Y. (8-12) TRACK EVENTS				
1	50 m dash	8-10	Boys	One (1) participant per church
2	50 m dash	8-10	Girls	One (1) participant per church
3	50 m dash	11-12	Boys	One (1) participant per church
4	50 m dash	11-12	Girls	One (1) participant per church
5	200 Shuttle Relay	8-10	Boys	One (1) relay team per church
6	200 Shuttle Relay	8-10	Girls	One (1) relay team per church
7	200 Shuttle Relay	11-12	Boys	One (1) relay team per church
8	200 Shuttle Relay	11-12	Girls	One (1) relay team per church
J.O.Y. (8-12) FIELD EVENTS				
9	Softball throw	8-10	Boys	Unlimited entries
10	Softball throw	8-10	Girls	Unlimited entries
11	Softball throw	11-12	Boys	Unlimited entries
12	Softball throw	11-12	Girls	Unlimited entries
13	Long Jump	11-12	Boys	Two (2) participants per church
14	Long Jump	11-12	Girls	Two (2) participants per church
G.O.Y.A. (13-18) TRACK EVENTS				
15	100 m	13-15	Boys	One (1) participant per church
16	100 m	13-15	Girls	One (1) participant per church
17	100 m	16-18	Boys	One (1) participant per church
18	100 m	16-18	Girls	One (1) participant per church
19	400 m	13-15	Boys	One (1) participant per church
20	400 m	13-15	Girls	One (1) participant per church
21	400 m	16-18	Boys	One (1) participant per church
22	400 m	16-18	Girls	One (1) participant per church
23	800 m	13-15	Boys	One (1) participant per church
24	800 m	13-15	Girls	One (1) participant per church
25	800 m	16-18	Boys	One (1) participant per church
26	800 m	16-18	Girls	One (1) participant per church
27	1600 m	13-15	Boys	Two (2) participants per church
28	1600 m	13-15	Girls	Two (2) participants per church
29	1600 m	16-18	Boys	Two (2) participants per church
30	1600 m	16-18	Girls	Two (2) participants per church
31	400 m Relay	13-15	Boys	One (1) relay team per church
32	400 m Relay	13-15	Girls	One (1) relay team per church
33	400 m Relay	16-18	Boys	One (1) relay team per church
34	400 m Relay	16-18	Girls	One (1) relay team per church
35	10,000 m	13-15	Boys	Unlimited entries
36	10,000 m	13-15	Girls	Unlimited entries
37	10,000 m	16-18	Boys	Unlimited entries
38	10,000 m	16-18	Girls	Unlimited entries

G.O.Y.A. (13-18) FIELD EVENTS				
39	Long Jump	13-15	Boys	Two (2) participants per church
40	Long Jump	13-15	Girls	Two (2) participants per church
41	Long Jump	16-18	Boys	Two (2) participants per church
42	Long Jump	16-18	Girls	Two (2) participants per church
43	Shot Put	13-15	Boys	Two (2) participants per church
44	Shot Put	13-15	Girls	Two (2) participants per church
45	Shot Put	16-18	Boys	Two (2) participants per church
46	Shot Put	16-18	Girls	Two (2) participants per church
ADULT EVENTS				
47	10,000 m	19-29	Men	Unlimited
48	10,000 m	19-29	Women	Unlimited
49	10,000 m	30-39	Men	Unlimited
50	10,000 m	30-39	Women	Unlimited
51	10,000 m	40-49	Men	Unlimited
52	10,000 m	40-49	Women	Unlimited
53	10,000 m	50-59	Men	Unlimited
54	10,000 m	50-59	Women	Unlimited
55	10,000 m	60+	Men	Unlimited
56	10,000 m	60+	Women	Unlimited

1. Registration will be done on line through DirectAthletics:
<https://www.directathletics.com/index.html> Substitutions will NOT be permitted the day of the meet. All athletes must be registered by May 23 at 11:59 PM through DirectAthletics.
2. Participation limit: Three (3) track and two (2) field events per athlete
3. Four (4) athletes per relay team. J.O.Y. age athletes only in that age groups relays.
4. J.O.Y. athletes may compete in G.O.Y.A. relay teams, but not both.
5. Athletes may NOT wear spikes in any events. Track shoes with the metal portions removed may be used; otherwise flat running shoes only will be allowed.
6. Starting blocks will not be used.
7. Scratch Meetings will take place before each event at the clerking area for running events, and at the participation area for field events.

TRACK & FIELD REGISTRATION PROCESS

The registration process for the 2018 Jr Olympics (Jr. Oly's) will be carried out this year through an on-line process by a company known as DirectAthletics.com (DA). Their web site can be accessed at: <https://www.directathletics.com/index.html> This is a well-known professional Track and Field (T&F) registration service that is used by thousands of teams throughout the country to register for middle school, high school, collegiate and club T&F meets.

The process will include the creation of an account by your Church team with DA. Coaches will then create a team account on line with DA by entering your athletes and their events into the DA system (no charge for this part of the process). Once you have created your team account and team roster, you will be invited to enter the Jr Oly's track meet by the Registration Event Manager who will contact you through DA. Coaches must include adult participants who will be competing in the 10,000m (10k) run as part of your team. The DA system is set up to accept age group entries for the 10K. After you have been invited to enter your team, entering the meet will entail simply dropping your team roster into the meet (see instructions).

The first day to create the team account and download your athletes to the DA web site will be **April 1, 2018 at about 9:00 AM.**

Once you make your entries, you will be able to make as many changes and/or corrections to your team rosters (add/drop/etc.) **until May 23 at 11:59 PM, at which the entry system will close**, and there will be no further entries into the track meet. Only drops on the *day* of the T&F meet will be allowed.

Attached is an instruction sheet from DirectAthletics entailing the process you will use to create and account on DA and enter your team roster and events.

New this year will be the addition of a T&F timing company that will create the meet entry lists from the team data that Coaches download to DA. The timing company will then create the heat sheets for the running events, setting the athletes into their respective age group/gender and lane assignment for the running events. Field event competitors will be set into their respective age/group and flight assignments in the same way by the timing company. The timing company will provide finish and performance lists after the completion of each event, and clerking staff will post this information at a results board at the stadium.

Questions and concerns must be directed to Dimitri Georges (Registration Event Manager), who is your liaison for the entry process. His email address is: dggeorges@comcast.net. Please **do not contact DA directly** for questions and concerns.

How to Submit Online Entries

STEP 1—ACCESSING YOUR DIRECTATHLETICS ACCOUNT

Each coach must have a DirectAthletics username and password for his/her team. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through DirectAthletics.

If you already have a DirectAthletics account for your Track & Field team, and know your username and password....	If you do NOT know your username and password....
1) Go to www.directathletics.com 2) In the login box, enter your username and password and click Login. (Remember that your password is case-sensitive)	1) Go to www.directathletics.com 2) Click “Sign Up”. 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT MEN’S AND WOMEN’S ACCOUNTS:** You control only one gender at time, so you will complete the below steps for your Men, and then switch to your Women’s team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Example: **Sport:** Track & Field **Team:** Ridgewood (Men)

This indicates that you are controlling the MEN’S team. To switch to your Women’s team, you would select “Ridgewood (Women)”.

STEP 2--SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all active athletes to your roster. If an athlete is already on your roster (from previous seasons or meets) you do not need to add him/her again. This is a one-time process—you will not need to set up your roster each time you enter a meet.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used DirectAthletics before, you will see your existing athletes on your roster. New Users should click the green “Add Athletes” link.
- 3) Click the green “Add Athletes” link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes’ First Name, Last Name, and School Year and click “Submit”.
- 5) You may add, edit or delete athletes on your Team Roster at anytime by clicking the TEAM tab. To add athletes, click the green “Add Athletes” link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red “Delete Selected” link or the blue “Edit Selected” link respectively.

STEP 3--SUBMITTING ONLINE MEET ENTRIES

Once your athletes are added to your roster, you must submit your entries.

- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the meet you wish to enter.
- 2) Follow onscreen instructions for submitting your entries. You will see a running tally of your entries on the right side of your screen.
- 3) When you are finished with your entries, click the “Finish” link.
- 4) You will see a list of your current, submitted entries. Click the appropriate link to receive an EMAIL confirmation or a PRINTABLE confirmation.
- 5) To edit your existing entries, click the blue Edit Entries button next to the meet name on your Upcoming Meets or complete Schedule.

III. Swimming (Sunday / 2 p.m. / Stagg Pool)

A. **Events:**

#1	SR 18 & Under	GIRLS	200	yd	Medley Relay
#2	SR 18 & Under	BOYS	200	yd	Medley Relay
#3	JOY 10 & Under	GIRLS	25	yd	Freestyle
#4	JOY 10 & Under	BOYS	25	yd	Freestyle
#5	JOY 12 & Under	GIRLS	25	yd	Freestyle
#6	JOY 12 & Under	BOYS	25	yd	Freestyle
#7	JR. 15 & Under	GIRLS	50	yd	Freestyle
#8	JR. 15 & Under	BOYS	50	yd	Freestyle
#9	SR. 18 & Under	GIRLS	50	yd	Freestyle
#10	SR. 18 & Under	BOYS	50	yd	Freestyle
#11	JOY 12 & Under	GIRLS	50	yd	Breaststroke
#12	JOY 12 & Under	BOYS	50	yd	Breaststroke
#13	SR 18 & Under	GIRLS	50	yd	Breaststroke
#14	SR 18 & Under	BOYS	50	yd	Breaststroke
#15	JOY 10 & Under	GIRLS	25	yd	Backstroke
#16	JOY 10 & Under	BOYS	25	yd	Backstroke
#17	JOY 12 & Under	GIRLS	25	yd	Backstroke
#18	JOY 12 & Under	BOYS	25	yd	Backstroke
#19	JR. 15 & Under	GIRLS	50	yd	Backstroke
#20	JR. 15 & Under	BOYS	50	yd	Backstroke
#21	SR. 18 & Under	GIRLS	50	yd	Backstroke
#22	SR. 18 & Under	BOYS	50	yd	Backstroke
#23	SR 18 & Under	GIRLS	50	yd	Butterfly
#24	SR 18 & Under	BOYS	50	yd	Butterfly
#25	JOY 10 & Under	GIRLS	50	yd	Freestyle
#26	JOY 10 & Under	BOYS	50	yd	Freestyle
#27	JOY 12 & Under	GIRLS	50	yd	Freestyle
#28	JOY 12 & Under	BOYS	50	yd	Freestyle
#29	SR 18 & Under	GIRLS	100	yd	Freestyle
#30	SR 18 & Under	BOYS	100	yd	Freestyle
#31	JOY 10 & Under	GIRLS	100	yd	Freestyle Relay
#32	JOY 10 & Under	BOYS	100	yd	Freestyle Relay
#33	JOY Coed 12 & Under	COED	100	yd	Freestyle Relay
#34	JOY 12 & Under	GIRLS	100	yd	Freestyle Relay
#35	JOY 12 & Under	BOYS	100	yd	Freestyle Relay
#36	JR. 15 & Under	GIRLS	200	yd	Freestyle Relay
#37	JR. 15 & Under	BOYS	200	yd	Freestyle Relay
#38	SR. 18 & Under	GIRLS	200	yd	Freestyle Relay
#39	SR. 18 & Under	BOYS	200	yd	Freestyle Relay

- B. The following rules and schedule shall be adhered to. Any deviation of these rules will disqualify those involved.

Rule #1:

Only coaches and their designated assistants are allowed on the pool deck. They must be registered prior to the Olympic tournament, and be assigned an identification card. This card shall and **MUST** be worn at all times while on deck.

Rule #2:

When on Deck, street shoes are **NOT** allowed. You will be asked to leave or remove your shoes.

Rule #3:

Each Parish shall be allowed to scratch or add a **maximum** of 3 swimmers total. This means, if someone is sick or injured on your team, you can replace that individual with another swimmer providing the added swimmer is qualified per the Olympic rule of **three individual events or a total of four events, two being team relay events**. Please make sure that you have put enough alternates on the Master Roster form to cover your team in case one of your swimmers is ill or absent due to another event. You will be asked at the scratch meeting on an individual basis if you have any changes to your schedule. This will be done on a Parish-by-Parish basis. If you have more than three corrections, the **additional ones are disqualified**.

Rule #4:

The Parishes shall **submit** their rosters by **May 10, 2018, to Nick Grivas** (See Master Roster).

Rule #5:

The Swim Coordinator has final say on any questionable decisions!

Rule #6:

All swimming events will be held on Sunday.

Rule #7:

All participants must be experienced swimmers.

Rule #8:

Dress requirements: one piece swim suits and bathing caps.

Rule #9:

Each participating parish is allowed one entry per event.

Rule #10:

Swimmers will be eligible to participate in a **maximum of 2 individual** events and **2 relay events**, or 3 individual events and no relay events.

Rule #11:

Swimmers cannot participate in the same event (distance and stroke) on two age levels.

Rule #12:

All qualified swimmers are eligible to participate in an 18 and under event.

Rule #13:

Swimmers can move up an age level but never down.

Rule #14:

Relay events consist of four swimmers:

- 100 yd. Relay - each swimmer will swim 25 yds. (1 length of pool)
- 200 yd Relay - each swimmer will swim 50 yds. (2 lengths of pool)

Order of strokes in Medley Relay:

- Back, Breast, Fly, and Freestyle

Rule #15:

Only **one** relay team per age and gender group. Four athletes per relay team. Only junior-age athletes on your junior relay team. However, you may put junior-age athletes on your junior and senior relay teams.

Rule #16:

The Olympic Committee reserves the right to scratch any event that is not sufficiently filled (4 or more entries). All participants will be notified through their parish representative and be allowed to swim up an age level. This will be the only time a single parish will be allowed to have two entries in any single event:

Example: 50 yd. Jr. & Sr. Girls freestyle events #7 and #9 are both insufficiently filled (less than four entries). They will be combined as one event.

Rule #17:

Make sure you enter Name, Gender, Event & Age information on the enclosed Master Roster.

Rule #18:

Scratch Meeting: Scratch or drop only...replacements allowed only in case of sickness/injury, with a ***limit of (3) three.***

IV TENNIS SINGLES (Saturday – 9:30 a.m. Check-In for all ages
10:00 a.m. Tournament Begins for 13-15 yr olds; 11:30 a.m. Tournament begins for 16-18 yr olds)
TENNIS DOUBLES (Saturday – 1:00 p.m. Tournament Begins all ages)
At Stagg Tennis Courts

- A. Tennis matches will be one (1) pro set. First one to win eight (8) games in the set wins the match (assuming at two (2) game margin, e.g., 8-6). No AD Scoring.
- B. If the set becomes 7-7 we will have a 9 point tie breaker. The person who serves first in the tie-breaker serves points 1, 2, 5 and 6. The other person serves points 3, 4, 7, 8, and 9. The first one to get 5 points in the tie-breaker wins the match. ***Each single and doubles team is required to bring a new can of balls.*** Winners will be given a can to move on.
- C. The players are responsible for making all out calls. **(NO ARGUMENTS).**
- D. All other USTA rulings apply.
- E. Events:
 - BOYS 13-15 and 16-18 Single and Doubles;
 - GIRLS 13-15 and 16-18 Singles and Doubles;
 - Up to 2 entries per church for singles male/female and 1 team for doubles male/female.
- G. Players must provide their own racquet and balls.
- H. No AD Scoring
- I. 5 Minute Warm Up Before Batches Begin.
- J. ***Make sure you enter Name, Gender, Event and Age information on the enclosed Master Roster.***

V. TABLE TENNIS (Saturday /Check-In 9:30 a.m./Begins 10:00 a.m. / Church East Room)

PLEASE NOTE: TRACK AND FIELD PARTICIPANTS MAY NOT PARTICIPATE IN TABLE TENNIS. ONCE TOURNAMENT BEGINS, NO LATE REGISTRATIONS WILL BE ALLOWED. (Per Event Coordinator)

- A. Table Tennis matches will consist of the best **2 out of 3** games.
- B. Games will be played to 21, first player to reach 21 wins the game. Player must win by two (2) points.
- C. Players will **switch sides** every five points.
- D. Events:
 - BOYS 13-15 and 16-18, Singles and Doubles;
 - GIRLS 13-15 and 16-18, Singles and Doubles;
 - As many entries per church, per event male/female as needed.

Make sure you enter Name, Gender, Event and Age information on the Master Roster.

VI. CHESS /CHECKERS /BACKGAMMN-TAVLI
(Saturday / Check-In 9:30 a.m. / Begins 10:00 a.m. / Stagg South Gym)

PLEASE NOTE:

- (1) TRACK AND FIELD PARTICIPANTS MAY NOT PARTICIPATE IN CHESS, CHECKERS AND BACKGAMMON/TAVLI.**
- (2) PARTICIPANTS MUST CHOOSE EITHER TO PARTICIPATE IN CHESS, CHECKERS OR BACKGAMMON/TAVLI- NOT MORE THAN ONE!**

A. General chess and checker and Backgammon/Tavli game rules will be followed.

B. Events:

- Chess 8-10; 11-12; 13-15 and 16-18, Co-Ed;
- Checkers 8-10; 11-12; 13-15 and 16-18, Co-Ed;
- Backgammon/Tavli; 8-10; 11-12; 13-15 and 16-18, Co-Ed;
- As many entries per church, per event male/female as needed.

C. *Make sure you enter Name, Event, Age information on the enclosed Master Roster. (Enter Gender also even though these events are Co-Ed.)*

VII. BOWLING - Rules are attached to Roster. (Give to your respective coach.)

VIII. J.O.Y. BASKETBALL - Rules are attached to Roster. (Give to your respective coach.)

IX. G.O.Y.A. VOLLEYBALL - Rules are attached to Roster. (Give to your respective coach.)

X. G.O.Y.A. SOFTBALL - Rules are attached to Roster. (Give to your respective coach.)

XI. J.O.Y. & G.O.Y.A. SOCCER - Rules are attached to roster. (Give to your respective coach.)

XII WRESTLING - Rules are attached to Roster. (Give to your respective coach.)

FOR YOUR USE ONLY - DO NOT SUBMIT THESE ROSTERS TO US
MAKE SURE YOU COMPLETE THE MASTER ROSTER!!

TRACK AND FIELD
J.O.Y.

BOYS 8-10

50 METER DASH _____

(ALTERNATE:) _____

200 METER SHUTTLE RELAY

(ALTERNATES :)

SOFTBALL THROW _____

GIRLS 8-10

50 METER DASH _____

(ALTERNATE :) _____

200 METER SHUTTLE RELAY

(ALTERNATES:)

SOFTBALL THROW _____

BOYS 11-12

50 METER DASH _____
(ALTERNATE:) _____

200 METER SHUTTLE RELAY

(ALTERNATES:) _____

SOFTBALL THROW _____

LONG JUMP _____

GIRLS 11-12

50 METER DASH _____
(ALTERNATE:) _____

200 METER SHUTTLE RELAY

(ALTERNATES:) _____

SOFTBALL THROW _____

LONG JUMP _____

BOYS 13-15

100 METER DASH _____ (ALT.) _____
400 METER RUN _____ (ALT.) _____
800 METER RUN _____ (ALT.) _____
1 MILE RUN _____ (ALT.) _____

400 METER RELAY

LONG JUMP _____
SHOT PUT _____

GIRLS 13-15

100 METER DASH _____ (ALT.) _____
400 METER RUN _____ (ALT.) _____
800 METER RUN _____ (ALT.) _____
1 MILE RUN _____ (ALT.) _____

400 METER RELAY

LONG JUMP _____
SHOT PUT _____

BOYS 16-18

100 METER DASH _____ (ALT.) _____

400 METER RUN _____ (ALT.) _____

800 METER RUN _____ (ALT.) _____

1 MILE RUN _____ (ALT.) _____

400 METER RELAY

LONG JUMP _____

SHOT PUT _____

GIRLS 16-18

100 METER DASH _____ (ALT.) _____

400 METER RUN _____ (ALT.) _____

800 METER RUN _____ (ALT.) _____

1 MILE RUN _____ (ALT.) _____

400 METER RELAY

LONG JUMP _____

SHOT PUT _____

10 KILOMETER RUN

13-15 YR OLDS

BOYS

GIRLS

16-18 YR OLDS

BOYS

GIRLS

19-29 YR OLDS

MALES

FEMALES

30-39 YR OLDS

MALES

FEMALES

40-49 YR OLDS

MALES

FEMALES

50-59 YR OLDS

MALES

FEMALES

60 AND OVER

MALES

FEMALES

SWIMMING

EVENT

NAME

AGE

J.O.Y. GIRLS - 10 & UNDER

25 YD. FREESTYLE:

25 YD. BACKSTROKE:

50 YD. FREESTYLE:

100 YD. FREESTYLE RELAY:

J.O.Y. GIRLS - 12 & Under

25 YD. FREESTYLE:

25 YD. BACKSTROKE:

50 YD. FREESTYLE:

50 YD. BREASTSTROKE:

100 YD. FREESTYLE RELAY:

SWIMMING

EVENT

NAME

AGE

J.O.Y. BOYS – 10 & UNDER

25 YD. FREESTYLE:

25 YD. BACKSTROKE:

50 YD. FREESTYLE:

100 YD. FREESTYLE RELAY:

J.O.Y. BOYS – 12 & UNDER

25 YD. FREESTYLE:

25 YD. BACKSTROKE:

50 YD. FREESTYLE:

50 YD. BREASTSTROKE:

100 YD. FREESTYLE RELAY:

SWIMMING

EVENT

NAME

AGE

JOY 12 & UNDER COED

100 YD. FREESTYLE RELAY:

_____	_____
_____	_____
_____	_____
_____	_____

JR. LEVEL GIRLS 15 & UNDER

50 YD. FREESTYLE:

_____	_____
-------	-------

50 YD. BACKSTROKE:

_____	_____
-------	-------

100 YD. FREESTYLE RELAY:

_____	_____
_____	_____
_____	_____
_____	_____

JR. LEVEL BOYS 15 & UNDER

50 YD. FREESTYLE:

_____	_____
-------	-------

50 YD. BACKSTROKE:

_____	_____
-------	-------

100 YD. FREESTYLE RELAY:

_____	_____
_____	_____
_____	_____
_____	_____

SWIMMING

EVENT

NAME

AGE

SR. LEVEL GIRLS 18 & UNDER

50 YD. FREESTYLE:

50 YD. BACKSTROKE:

50 YD. BREASTROKE:

50 YD. BUTTERFLY:

100 YD. FREESTYLE:

100 YD. FREESTYLE RELAY:

200 YD. MEDLEY RELAY:

SWIMMING

EVENT

NAME

AGE

SR. LEVEL BOYS 18 & UNDER

50 YD. FREESTYLE:

50 YD. BACKSTROKE:

50 YD. BREASTROKE:

50 YD. BUTTERFLY:

100 YD. FREESTYLE:

100 YD. FREESTYLE RELAY:

200 YD. MEDLEY RELAY:

TENNIS

BOYS 13-15

SINGLES:
(2 Boys Only)

DOUBLES:
(1 Team Only)

GIRLS 13-15

SINGLES:
(2 Girls Only)

DOUBLES:
(1 Team Only)

BOYS 16-18

SINGLES:
(2 Boys Only)

DOUBLES:
(1 Team Only)

GIRLS 16-18

SINGLES:
(2 Girls Only)

DOUBLES:
(1 Team Only)

TABLE TENNIS

BOYS 13-15

SINGLES:

_____	_____
_____	_____

DOUBLES:

_____	_____
_____	_____

GIRLS 13-15

SINGLES:

_____	_____
_____	_____

DOUBLES:

_____	_____
_____	_____

BOYS 16-18

SINGLES:

_____	_____
_____	_____

DOUBLES:

_____	_____
_____	_____

GIRLS 16-18

SINGLES:

_____	_____
_____	_____

DOUBLES:

_____	_____
_____	_____

J.O.Y. CHESS

7-10 CO-ED:

_____	_____
_____	_____

11-12 CO-ED:

_____	_____
_____	_____

G.O.Y.A CHESS

13-15 CO-ED:

_____	_____
_____	_____

16-18 CO-ED:

_____	_____
_____	_____

J.O.Y. CHECKERS

7-10 CO-ED:

_____	_____
_____	_____

11-12 CO-ED:

_____	_____
_____	_____

G.O.Y.A. CHECKERS

13-15 CO-ED:

_____	_____
_____	_____

16-18 CO-ED:

_____	_____
_____	_____

J.O.Y. BACKGAMMON/TAVLI

7-10 CO-ED:

_____	_____
_____	_____

11-12 CO-ED:

_____	_____
_____	_____

G.O.Y.A. BACKGAMMON/TAVLI

13-15 CO-ED:

_____	_____
_____	_____

16-18 CO-ED:

_____	_____
_____	_____

BOWLING

4 CO-ED TEAMS OF 4 PER PARISH. AGES 13-18. ANY CONFIGURATION OF BOYS AND GIRLS TOTTALLING 4 PER TEAM. A TEAM MUST HAVE AT LEAST ONE GIRL OR ONE BOY ACCORDINGLY.

TEAM 1: _____

ALTERNATE: _____

TEAM 2: _____

ALTERNATE: _____

TEAM 3: _____

ALTERNATE: _____

TEAM 4: _____

ALTERNATE: _____