



OUR LADY OF SORROWS

TRACK & FIELD

2023 Season

Registration is now open!

Who: Boys & Girls Grades 4 – 8

When: March 13 – May 13

Practices are 5:15 – 6:45, Monday – Thursday

CYO Championship Meet is May 13

Other seasonal meets are not yet scheduled

Where: All practices will be at The Hawk in Farmington Hills

[CLICK HERE TO REGISTER](#)

Events

Long Jump | High Jump | Shot Put

4x800 – 3200 Meter Relay

4x200 – 800 Meter Relay

400 Meter Dash

200 Meter Dash

800 Meter Run

100 Meter Dash

1600 Meter Run (one mile)

4x100 – 400 Meter Relay

4x400 – 1600 Meter Relay

Faith † Knowledge † Community