

ST. FRANCES CABRINI
CAVALIERS

Track & Field • Committee Sign-Ups & Meet Information

Let's Build a Championship Team Together



Committee Sign-Ups

EVENT DAY

- Setup
- Takedown
- Running Event Organizer by Group
- Meet Day Uniform Organization

SUPPORT

- Snacks
- Awards – Documentation
- Uniform Distribution

Meet 1 — Logistics

MEET DAY INFO

- Leaves at **6:45 AM**
- Location: **School Gym**
- Attire: **Gym Uniform**

THINGS TO BRING

- Coat & Jacket
- Running Shoes
- Sweatpants

SNACKS COMMITTEE

- Fruit, pretzels & Jr size water
- Pre-package items for team

CLEAN UP COMMITTEE

- Bring trash bags
- Help kids keep team area clean

AWARDS COMMITTEE

- Ribbons for **Top 8** in each event

2026 TRACK MEET SCHEDULE

DATE	EVENT	LOCATION	START TIME	VENUES
3/21/2026	Meet 1	Benjamin Rush High School	9:00 AM	Benjamin Rush HS 11081 Knights Rd Philadelphia, PA 19116
3/28/2026	Meet 2	Benjamin Rush High School	9:00 AM	
4/11/2026	Meet 3	Benjamin Rush High School	9:00 AM	
4/18/2026	Meet 4	Benjamin Rush High School	9:00 AM	Father Judge HS 3301 Solly Ave Philadelphia, PA 19136
4/19/2026	Judge Relays	Father Judge High School	1:00 PM	
4/21/2026	Penn Relays	Franklin Field	6:00 PM	Franklin Field 233 S 33rd St Philadelphia, PA 19104
4/25/2026	Meet 5	Benjamin Rush High School	9:00 AM	
5/2/2026	Purple Region Champs	Benjamin Rush High School	9:00 AM	
5/17/2026	Area Champs	Bensalem High School	1:00 PM	Bensalem HS 4319 Hulmeville Rd Bensalem, PA 19020
5/30/2026	Arch Champs	Franklin Field	3:00 PM	

Join Band!

Stay in the loop — Band is where we share everything: meet schedules, practice updates, and last-minute changes.

**Don't miss a thing —
scan to join now!**



 Scan to Join

Setup & Takedown

SETUP

- Arrive early for venue prep
- Set up tents & team area
- Arrange equipment stations
- Mark event zones
- Coordinate with meet officials

TAKEDOWN

- Break down tents & seating
- Collect all team equipment
- Return borrowed materials
- Clean up team areas
- Final venue check

Snacks & Awards

SNACKS COMMITTEE

- Purchase: Fruit, bags of pretzels & Jr size water
- Package items for the full team
- Set up & manage snack station at meet

CLEAN UP COMMITTEE

- Bring trash bags to the meet
- Help kids keep the team area clean

AWARDS COMMITTEE

- Documentation required
- Following each meet, **ribbons awarded to Top 8** finishers in each event
- Prepare ribbon materials before each meet
- Record results & placements for documentation
- Distribute ribbons to athletes promptly after results

Uniform Distribution & Meet Day

UNIFORM DISTRIBUTION

- Check out uniforms by athlete name
- Verify sizes & condition
- Document all distributions

MEET DAY ORGANIZATION

- Manage uniform check-in table
- Ensure all athletes are suited
- Handle last-minute uniform needs
- Coordinate with coaches

Running Event Day Organizer by Group

EVENT GROUPS

- Sprints – 100m, 200m, 400m
- Distance – 800m, 1600m
- Relays – 4x100, 4x200
- Field Events – Long Jump, Shot Put, and Triple Jump

ORGANIZER RESPONSIBILITIES

- Track athletes in your assigned group
- Escort athletes to the starting area



MEET 1 NOTE: Hand-written athlete cards required

FUNDRAISER PROGRESS

Goal: \$13,000

31% of goal reached



- Collected: **\$1,240**
- Fundraised: **\$2,802**
- Still Needed: **\$8,958**

FEE BREAKDOWN

- Bus Fees: \$3,500
- Team Fee: \$1,740
- Uniform Fees: \$7,080

FUNDING GAP

- Fee from CYO doubled
- Many families have not yet paid
- Amount needed: **\$13,000**

Needed: \$13,000 | Raised: \$4,042

Shortfall: \$8,958

★ Get involved in our next fundraiser even if you paid! ★



DOUBLE GOOD POPCORN



We Are Running It Back!

HOW TO JOIN

- 1 Download the Double Good App
- 2 Event Code: **KVE ZUA**
- 3 Create your Pop-Up Store & share!
- 4 Sell to friends, family & neighbors!

WHY IT MATTERS

Only 14 athletes participated last time.
We need MORE!

⚠ No funding = No uniforms

Every bag of popcorn sold gets us closer to uniforms for every Cavalier! 🏆

HOODIE FUNDRAISER

HOODIE DETAILS

- **\$35 per hoodie**
- All proceeds go to the track team
- School colors & New Cavaliers Mascot
- Sizes: Youth – Adult 4XL
- Available while supplies last
- Cash or CashApp
- Order form on [sfcathletics.org](https://www.sfcathletics.org)



Support Our Cavaliers — Order Your Hoodie Today!