

**Sacred Heart Academy 5K
"Run with Heart"**



LONG ISLAND
TRACK & FIELD 2022



*USATF-LI Grand Prix Series event but all are Welcome!
You can become a Member of USATF-LI and score in the Grand Prix too*

SAT. SEPT 24, 2022 9AM START Rain or Shine

Sacred Heart Academy
47 Cathedral Ave
Hempstead NY

Bib Pickup / Day of Registration

7:30AM: Check-In Begins (loc. Above)

Bib pickup will be by number (not name)

For more information about the race, contact:

Organizer Contact Sacred Heart Academy 5K

Email alumassoc@sacredheartacademyli.org

Phone 516-483-7383x330

Website www.sacredheartacademyli.org/5k/

PLEASE WEAR YOUR BIB ON THE FRONT OF YOUR SHIRT!

LIVE Online/Email/Text Results and free finish line photos
can be found on race day at elitefeats.com

Parking

Parking available in the Senior Lot (corner of Fulton & Cathedral and at SHA (behind school).

Schedule

8:30AM: Kids Fun Run (boys and girls age 10 & under). No registration required. This will take place on the track. Participants should be ready to line up by 8:15AM.

9:00AM: 5K run/walk. Participants will be asked to line up at 8:45AM.

10:30AM: (approximately): Awards Ceremony.

Please note there will not be a secure area for belongings. You are highly encouraged to leave any valuables at home. Sacred Heart Academy is not responsible for anything lost or stolen.