



YOUTH TRACK & FIELD DEVELOPMENT PROGRAM

Training for Fun, Fitness,
Competition and Friends!

All Skills Levels Welcomed - Beginners to Advance

Grades: 2 - 8



BH PAL ONLINE REGISTRATION - 2019 SPRING TRACK



OPEN: JAN 15 – FEB 28 / LATE REG FEE: MAR 1 – 8

www.bhpal.org



\$330 RESIDENTS (BERKELEY HGTS / MOUNTAINSIDE) / \$370 NON-RESIDENTS / LATE FEE \$40



TRACK PROGRAM INFORMATION

- **CERTIFIED USATF COACHING STAFF**
- **PRACTICE BEGINS: MONDAY, MARCH 4, 2019**
- **LOCATION:** Governor Livingston High School (GLHS) / **ALTERNATE PRACTICE SITES:** Columbia Park
- **TRAINING SCHEDULE:** MON – WED - FRI / 6:00 PM - 7:15 PM (Training Group time based by ability)
- **MEETS:** APRIL–JUNE (MOST ON SUNDAY, FEW SATURDAYS)
- **TRACK MEETS AGE-GROUPS:** Boys/Girls AAU & USATF Guidelines 8U, 9-10, 11-12, 13-14, 15-16
- **TRACK MEET EVENTS:** Sprints (100, 200, 400), Middle-Distance (800, 1500, 3000), Field Events, Relays
- **REGISTRATION FEE INCLUDES:** MEET FEES & END OF SEASON PARTY
- **UNIFORM (additional cost):** JERSEY & SHORTS (mandatory) / WARM-UPS (optional)
- **COACH & VOLUNTEERS:** Needed at all practices and meets. Must pass **background check** through USATF and to be eligible, paid by the BH PAL. *No experience necessary. Questions: ssanantonio@bhpal.org*



For more information about the Running Development Program visit: www.wolfpacktc.org

BH PAL is a Registered 501(c)(3) organization, Non-Profit Federal I.D. No. 22-2546235