



## 2018 PARPC Youth Track & Field Meet Information



**Practices - Monday & Wednesday evenings from 6:00 – 7:15 pm beginning in early April.**

- All practices held at Palmyra Middle School Track. NO dogs allowed in Stadium.
- **Tentative Date for Track & Field Meet: June 2, 2018 at 8:30am at the Palmyra Middle School. Rain date: TBA**
- Participants should wear sneakers, team jersey, and comfortable clothing.
- **Participants, ages 9 through 14 are required to supply a copy of their birth certificate, if they are trying to make the district team.**
- Participants, **ages 9 through 14** may have an opportunity to advance to the District and State Track meet if he/she wins one or more of their selected qualifying events. **Tentative date for District Meet – TBA at a site to be determined.**
- **Reminder: Collect your Save-A-Tape receipts from Redner's and drop them off at the PARPC Office or in the drop box in front of the Palmyra Municipal Building.**

Each child is permitted and encouraged to participate in 3 - 4 events for the track meet

Options - - **One track event and Two field events**

**OR Two track events and One field event, excluding the running long jump.**

Everyone can add the running long jump to the above combinations. See coach to request additional events.

*As soon as your child knows what events he/she would like to do, please return the bottom part of this form to your **COACH** with the chosen events circled.* The coaches will attempt to honor each child's preference of events, but will make sure the child's skills are represented.

Name\_\_\_\_\_

Age as of December 31, 2018\_\_\_\_\_

### **Field Events open to all ages:**

Softball Throw

Standing Long Jump

Running Long Jump

**Track Events for ages 6-8:** 50 meter dash, 100 meter dash, 4 x 100 meter relay

**\* Track Events for ages 9-10:** 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 4 x 100 meter relay, U13 Mile\*\*

**\* Track Events for ages 11-12:** 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 4 x 100 meter relay, U13 Mile\*\*

**\* Track Events for ages 13-14:** 100 meter dash, 200 meter dash, 400 meter dash, 4 x 100 meter relay, 800 meter run, 1600 meter run,

**\* Age eligible for districts**

**\*\* Must qualify with a time of 8 minutes or better**