



Youth Track Club

Training in Track & Field for Fun, Fitness,
Competition and Friends!

All Skills Levels Welcomed - Beginners to Elite



Online Registration for the 2015 Spring Season begins October 19th, 2015
Register online at www.bhpal.org

DIVISIONS	
Using 12/31/2015 to calculate age	
Age Groups	Year of Birth
8 and under	2007-2008
9-10	2005-2006
11-12	2003-2004
13-14	2001-2002
15 - 16	1999-2000

Only 2nd through 8th Grade can participate
in the youth Running Program

Practice Begins Saturday, February 28, 2015

- All practices are held at Governor Livingston High School (GLHS). Alternate practice sites: Columbia Park
- Pre-season Schedule:** Tuesday -Thursday 5:45 -7:30 pm, **Saturday** 12:00 pm-1:45 pm (subject to change)
- In Season Schedule:** Tuesday -Thursday 5:45 -7:30 pm
- Regular season meets:** beginning Sunday, April 12, 2015
- USATF State Championships**-Saturday and Sunday June 6-7
- Assistant Coaches, Volunteers:** Needed at all practices and meets. Must pass **background check** through USATF and AAU to be eligible, paid by the BH PAL. **No experience necessary.**

RACING EVENTS

Sprints: **100, 200, 400**

Middle Distance: **800, 1500, 1600**

Distance: **3000, 3200**

Relays: **4x100, 4x400**

REGISTRATION FEE:

\$165 Residents /\$195 Non-Residents

- Includes meet fees, team photo, T-shirt and end of season party
- WolfPack Track Club: Warm-ups and Uniforms Tops & Shorts are available at an additional cost

PARENT/COACH MEETINGS

- To be announced through Berkeley Heights PAL e-mail
- Great way to find out more information on the youth running club

For more information about the WolfPack Youth Track Club visit: www.wolfpacktc.org
BH PAL is a Registered 501(c)(3) organization, Non-Profit Federal I.D. No. 22-2546235