



YOUTH RUNNING DEVELOPMENT PROGRAM

Training in Running for Fun, Fitness,
Development and Friends!
All Skills Levels Welcomed - Beginners to Advance
Grades 2 - 8



ONLINE REGISTRATION: 2016 SPRING TRACK

OPEN: JAN 1, 2016 - CLOSE: JAN 30, 2016

www.bhpal.org



\$165 Residents (Berkeley Hgts/Mountainside)/\$195 Non-Residents / Late Registration Fee \$40



TRACK PROGRAM INFORMATION

- **PRACTICE BEGINS: Monday, February 29, 2016**
- **LOCATION:** Governor Livingston High School (GLHS). Alternate practice sites: Columbia Park
- **TRAINING SCHEDULE:** 5:45 -7:30 pm, Monday - Tuesday - Thursday
- **REGULAR SEASON TRACK MEETS:** Begins end of April – Offers Sprints, Middle-Distance, Distance
- **TRACK MEETS AGE-GROUPS:** Boys/Girls AAU & USATF Guidelines 8U, 9-10, 11-12, 13-14, 15-16
- **CHAMPIONSHIP: USATF State Championships-Saturday and Sunday June 25-26, 2016**
- **REGISTRATION FEE INCLUDES:** Team photo, T-shirt & End of Season Party
- **UNIFORM (additional cost):** Uniforms Tops & Shorts, Warm-Ups (optional)
- **COACH & 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. Questions: ssanantonio@bhpal.org**

REGISTRATION STEPS

STEP #1: Register with the Berkeley Heights PAL www.bhpal.org
Registration fee: \$165.00 for Berkeley Heights and Mountainside residents, and **\$195.00** fee for out of town residents covers meet entry fees (except where indicated) and administrative costs. **\$40 LATE REGISTRATION FEE OUTSIDE REGISTRATION DATES.**

STEP #2: Register with the USATF <http://www.usatfnj.org/> (\$20 Annual Membership)  **Click to register**
Enter **USATF CLUB NUMBER: 07-1089** WolfPack Track Club
BIRTH CERTIFICATES: (e-mail copy to services@usatfnj.org)
If you are a **"new participant the USATF"** needs a "copy" of your child's birth certificate. DOB verifications (US birth certificate, US passport, US Naturalization certificate, US Green Card/Visa or NJ Driver's License).

STEP #3: Register with the AAU www.aau.org (\$16.00 Annual Membership)  **Click to register**
Enter **AAU CLUB NUMBER: WW747E** WolfPack Track Club

PARENT/COACH MEETINGS

TO BE ANNOUNCED THROUGH BERKELEY HEIGHTS PAL E-MAIL
GREAT WAY TO FIND OUT MORE INFORMATION ON THE YOUTH RUNNING PROGRAM

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