



YOUTH RUNNING DEVELOPMENT PROGRAM

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



ONLINE REGISTRATION: 2017 SPRING TRACK

OPEN: NOV 15, 2016 - CLOSE: JAN 15, 2017 LATE REG: JAN 16 – JAN 31

www.bhpal.org



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



TRACK PROGRAM INFORMATION

- **PRACTICE BEGINS:** Monday, February 27, 2017
- **LOCATION:** Governor Livingston High School (GLHS). ALTERNATE PRACTICE SITES: Columbia Park
- **TRAINING SCHEDULE:** 5:30 PM -7:15 PM, MONDAY – WEDNESDAY - FRIDAY
- **MEETS:** April (Sunday's) – Jr. Olympics USATF Championship June 11th
- **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), Distance (3000)
- **REGISTRATION FEE INCLUDES:** Team picture, T-shirt & End of Season Party
- **UNIFORM (additional cost):** Jersey/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

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 Running Development Program visit: www.wolfpacktc.org
BH PAL is a Registered 501(c)(3) organization. Non-Profit Federal I.D. No. 22-2546235