**Harvard Parks and Recreation**

**20th Annual Youth Track Clinic**

For: Boys and Girls, grades 3 - 6 (grade for ’22-’23 school year)

Location: McCurdy Track

When: Monday May 8 4:30 – 6:15 (1st session is 15 min. longer)

 Monday May 15 4:30 – 6:00

 Monday May 22 5:15 – 7:00 scrimmage in Concord

Monday June 5 4:30 – 6:00

Local Meet at Burlington HS:

 Sunday June 11 5:00 – 6:25 3rd – 4th graders

 (rain date of Mon. June 12) 6:30 – 8:00 5th - 6th graders

Cost: $105

***Does your child like to run? to race? Is he or she fast?***

***Enjoy this lifetime activity and learn about this Olympic sport!!***

***Running, Jumping, Throwing, and a 4 x 100 relay***

This informal and fun track and field clinic is designed to familiarize participants to the universal, Olympic sport of track and field.  The emphasis is on participating, learning, improving, and doing the best one can.

The clinic is organized by David Bell with assistance from current and former Bromfield track team members.  Track events include the 100, 200, and 400 meters, the 50 meter dash for 3rd and 4th graders, and the 800 meters and one mile for the 5th and 6th graders. Field events include the softball throw for distance and the running long jump. There is also the 4 x 100 meter relay race. Come with your relay team together, or we will create and put you on one.

The events are contested by grade - - the 3rd and 4th grades together, and the 5th and 6th grades together - - based on the current (’22-’23) school year.

Online signup at https://secure.rec1.com/MA/town-of-harvard-ma/catalog (preferred), or return bottom portion by May 9th to:

Harvard Parks and Recreation, 13 Ayer Rd. Harvard, MA 01451.

Please make checks payable to: Harvard Parks and Recreation.

For more information please call David Bell at: 978-505-0675

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Name: Current Grade: Age as of 12/31/23:

Address: Tele #: Emerg. Tel. #:

email address: