

# Atomic City Track Club

## Summer Track Meets

*Test Out Your Speed and Power*

If you want to test your limits, check on the benefits of your strength training, or just want to compete on a one to one basis please consider this. The next 4 Wednesday nights there will be mini track meets at Falcon Stadium. There is no better way to check your progress in the area of speed and power unless you are put yourself in a competitive situation. You will compete against other athletes within your own age group, and experience a great way to gage your personal improvement.

**Track Meet Times 6:00 PM to 9:00 PM (5:30 to register)**

**Atomic City Track Club Membership: \$50.00 (includes t-shirt)-make checks payable to Richland school district**

**The ACTC practices are Tuesday and Thursday with the meets on Wednesday. Practice starts on June 17<sup>th</sup>, and goes until July 16<sup>th</sup>. Practice is from 6pm until 7:30pm. All practices will be at Hanford High Track and Field.**

**Cost: \$3 per track meet or \$10 for all four meets \*\*If you are a member of ACTC, meets are free\*\***

### Age Groups

Developmental –born 02 (age 6)	Pee Wee-born 00, 01 (age 7, 8)
Bantam-born 98, 99 (age 9, 10)	Midget-born 96, 97 (age 11, 12)
Youth-born 94, 95 (age 13, 14)	Intermediate-born 92, 93 (age 15, 16)
Young Men/Women: Born after July 25 <sup>th</sup> 1989 or 90-91 (age17, 18)	
Open/masters- born 1988 and before	

### Events Scheduled for June 25<sup>th</sup> (competitors limited to 3 events)

100m- All age groups	400m- All age groups
Javee- Dev thru midget	Shot put- All age groups
600g Long Tom Jav- Youth	
Javelin- Inter. thru Open	

### Events Scheduled for July 2<sup>nd</sup> (competitors limited to 3 events)

50m hurdles-Dev thru midget (plastic hurdles)	Long Jump- All age groups
100m hurdles- Youth thru Open	50m Dash- All age groups
110m hurdles -Youth thru Open	800m Run- All age groups

### Events Scheduled for July 9<sup>th</sup>

100m Dash- All age groups	1600m run- All age groups
Javee- Dev thru midget	Shot put- All age groups

600g Long Tom Jav- Youth  
Javelin- Inter. thru Open

**Events Scheduled for July 16<sup>th</sup>**

200m Dash- All age groups  
300m Hurdles- Youth thru open

Long Jump- All age groups  
400m Dash- All age groups

\*\*\*EVENTS MAY VARY DEPENDING ON TURNOUT\*\*\*

**Contact Information**

Darren Crow  
Atomic City Track Club  
Phone: 946-7170, 845-2922  
Email: crowlegs44@charter.net

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**Registration Information**

Athletic Accident Plan Coverage: It is required that participants in the summer track meets carry insurance for injury and or accident. Many private insurance policies and employer sponsored group insurance plans Do Not cover summer athletic related injuries. **Please complete the information below to be eligible to participate.**

I have accident/medical insurance that covers my son/daughter \_\_\_\_\_ when he/she is involved in the Summer Track Meets sponsored by the Richland School District.  
Insurance Co. \_\_\_\_\_ Policy No. \_\_\_\_\_

Name: \_\_\_\_\_ Age \_\_\_\_\_ Age Group \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Home Phone \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_