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 17th, and goes until July 16th. 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)
- Bantam-born 98, 99 (age 9, 10)
- Youth-born 94, 95 (age 13, 14)
- Pee Wee-born 00, 01 (age 7, 8)
- Midget-born 96, 97 (age 11, 12)
- Intermediate-born 92, 93 (age 15, 16)
- Young Men/Women: Born after July 25th 1989 or 90-91 (age17, 18)
- Open/masters- born 1988 and before

**Events Scheduled for June 25th** (competitors limited to 3 events)
- 100m- All age groups
- Javee- Dev thru midget
- 600g Long Tom Jav- Youth
- Javelin- Inter. thru Open
- 400m- All age groups
- Shot put- All age groups

**Events Scheduled for July 2nd** (competitors limited to 3 events)
- 50m hurdles-Dev thru midget (plastic hurdles)
- 100m hurdles- Youth thru Open
- 110m hurdles -Youth thru Open
- Long Jump- All age groups
- 50m Dash- All age groups
- 800m Run- All age groups

**Events Scheduled for July 9th**
- 100m Dash- All age groups
- Javee- Dev thru midget
- 1600m run- All age groups
- Shot put- All age groups
600g Long Tom Jav- Youth
Javelin- Inter. thru Open

Events Scheduled for July 16th
200m Dash- All age groups   Long Jump- All age groups
300m Hurdles- Youth thru open   400m Dash- All age groups

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

Contact Information

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Atomic City Track Club
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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________________
