



**BOYS & GIRLS CLUB
OF ALBANY**

2nd - 5th Grade

1215 SE Hill Street
Albany, OR 97321
541-926-6666
www.bgc-albany.org

TRACK & FIELD

Hop, skip and jump into the Spring Track Program. Learn the basic techniques of sprinting, middle distance, relays, high jump, long jump and softball throw.

Register by March 3rd

- Timeline:** **Registration Deadline: 3-3-10**
Coaches to contact participants 3-13-10
Practices begin: 3-16-10
Meets begin the week of: 4-11-10
Meets end the week of: 5-16-10
- Age Groups:** 2nd - 5th grade. separate events for boys and girls
- Cost:** \$45 (must be a current member: \$25) includes shirt AND sweatshirt.
- Practices:** 2 practices per week (Tuesdays and Thursdays, 5-6 pm)
- Meets:** 4-5 track meets total, one per week - Ribbons awarded to top 3 in each event!
- Locations:** Albany, Jefferson, Corvallis, and Lebanon tracks
- What is supplied:** Meet T-shirt, hooded sweatshirt w/ name on back
- Recommended Purchases:** Running shoes (NO SPIKES!), team photo
- Events:** 50m, 100m, 200m, 400m, 800m, long jump, high jump, and softball toss

**For more information, contact Mairi Skipper
at The Boys and Girls Club of Albany
926-6666 ext. 202
Email: athletics@bgc-albany.org
Volunteers always needed and appreciated**

SPOTS FILL QUICKLY, SO SIGN UP SOON!