

ELK RIVER YOUTH TRACK CAMP



Elk River High School Coaches and Varsity Athletes will instruct boys and girls in grades 3rd, 4th, 5th, and 6th (based on 2017/2018 school year) in a variety of Track and Field Events. 2nd Graders can participate in the camp, but understand they will compete in the 3rd grade division.

Week #1

Monday & Tuesday, June 11th & 12th

Practice at Elk River High School track from 3:00 - 5:00 PM

Wednesday, June 13th

Meet at **Princeton High School Track** with Princeton, Zimmerman at 6:30 PM

Week #2:

Monday & Tuesday, June 18th & 19th

Practice at Elk River High School track from 3:00 - 5:00 PM

Wednesday, June 20th

Meet at **Zimmerman High School Track** with Princeton, Zimmerman at 6:30 PM

Week #3

Monday & Tuesday, June 25th & 26th

Practice at the Elk River High School Track from 3:00 - 5:00 PM

Wednesday, June 27th

North Metro Championship Meet at **Princeton High School** starting at 5:30 PM

All 5 teams: Princeton, Elk River, Zimmerman, Cambridge, & St. Francis

Athletes should dress in running shoes, t-shirt, shorts, & layers if needed. They will also need to bring a water bottle to practice. Wear Track issued T-shirt to all 3 meets.

All Practices will meet in the northwest corner of the stands at the Elk River High School Track. In severe weather conditions, we will meet at Elk River High School main entrance and practice inside based upon available space.

For more information visit our website: www.elkrivertrack.org (click on Youth Track section)

ELK RIVER TRACK CAMP REGISTRATION

Track Camp Fee: \$40 (Includes T-shirt)

Registration Deadline: June 8, 2018. Late registrations will be taken the first week of camp with a \$5.00 late fee.

Mail Registration and Payment to:

Elk River Track Club
Brian Gilbertson
6428 Manchester Ave NE
Otsego, MN 55301

If you have any further Questions, please contact Brian Gilbertson at 612-387-0055 or email: brian.gilbertson@isd728.org

Name: _____

2017/2018 Grade: _____

Parent's Name and Phone Numbers:

T-Shirt Size (Circle one) YM YL AS AM AL AXL

Medical Condition or Allergies: Yes or No If Yes, Please explain: _____

I hereby confirm that my child is in good physical health and may participate and compete in vigorous activity. I authorize Elk River Track Camp Staff to secure emergency medical treatment deemed necessary and waive and release Elk River Track Camp and Staff from any liability for injuries or damage of any kind sustained by my child at Elk River Track Camp.

Parent/Guardian Signature: _____

Princeton Meet events:

Wednesday, June 13th @ 6:30 PM

(unlimited participation in events)

Field events:

Long Jump

High Jump

Track Events:

200 meter dash

50 meter dash

400 meter run

4 x 100 meter relay (4 runners; each run 100 meters)

Zimmerman Meet events:

Wednesday, June 20th @ 6:30 PM

(unlimited participation in events)

Field events:

Discus throw (1k disc)

Shot Put (4lb shot)

Track events:

50 meter hurdles (24" & 18")

100 meter dash

800 meter run

4 x 100 meter relay

North Metro Championship Meet:

**Princeton High School track:
Wednesday, June 27th @ 5:30 PM**

Field events – 5:30 PM

Athletes are limited to compete in
one 'A event' and one 'B event'

A Events:

Shot Put throw (Girls 1st, boys 2nd)
High Jump (Girls 1st, boys 2nd)

B Events:

Discus throw (Boys 1st, Girls 2nd)
Long Jump (Boys 1st, Girls 2nd)

Track Events:

- Track events will begin after all the field events are completed
- Athletes are limited to compete in any 2 Track Events

50 meter hurdles (18" & 24")

- o 18" = 3rd & 4th grade
- o 24" = 5th & 6th grade

400 meter run
100 meter dash
50 meter dash
200 meter dash
800 meter run

4 x 100 Relay Event:

- The relay will be the final event of the meet; **all** are welcome to run in a relay!