

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 2018/2019 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 10th & 11th

Practice at Elk River High School track from 4:15 - 5:30 PM

Wednesday, June 12th

Meet at **Elk River High School Track** with Zimmerman at 6:30 PM

Week #2:

Monday & Tuesday, June 17th & 18th

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

Wednesday, June 19th

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

Week #3

Tuesday, June 25th

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

Wednesday, June 26th

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 Weight room Entrance (Door closest to the Ice Arena) and practice in the Fieldhouse.

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

ELK RIVER TRACK CAMP REGISTRATION

Track Camp Fee: \$45 (Includes T-shirt)

Registration Deadline: June 6, 2019. 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
% Russ Gnan
5990 145th Lane NW
Ramsey, MN 55303

If you have any further Questions, please contact Russ Gnan at 763-258-3903 or email:
russell.gnan@isd728.org

Name: _____

2018/2019 Grade: _____

Parent's Name and Phone Numbers:

Contact Email Address: _____.

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: _____

Elk River Meet events:

Wednesday, June 12th @ 6:30 PM

(unlimited participation in events)

Field events:

Shot Put (4 lbs shot)

High Jump

Track Events:

200 meter dash

50 meter dash for 3 & 4 Grade

100 meter dash for 5 & 6

400 meter run

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

Princeton Meet events:

Wednesday, June 19th @ 6:30 PM

(unlimited participation in events)

Field events:

Discus throw (1k disc)

Long Jump

Track events:

50 meter hurdles (24" & 18")

50 meter dash for 3 & 4 Grade

100 meter dash for 5 & 6

800 meter run

4 x 100 meter relay

North Metro Championship Meet:

**Princeton High School track:
Wednesday, June 26th @ 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!