



Howell PAL & Township Program

P.O. Box 713, 115 Kent Road • Phone: 732-919-2825 Fax 732-919-1212 • www.howellpal.org



TRACK & FIELD - 2012 Registration Form



Participant's Name: _____ Age: _____

Address: _____ Birthdate: _____

E-Mail Address (mandatory): _____ Current Grade: _____

Zip Code: _____ Phone# 732- _____ Cell# _____

(Child) Has Asthma: _____ Uses Inhaler: _____ Heart Condition: _____

T-Shirt Size: YM _____ YL _____ AS _____ AM _____ AL _____

(Parent) Would You Be Willing To Assist or Coach? _____ Fingerprinted? _____

Emergency Contact Name: _____ Relation: _____

Phone# 732- _____ Cell# _____

- **DISCLAIMER:** The PAL Accident Insurance Policy Maintained by the PAL is Secondary in Coverage. Any and All Claims Must First Be Submitted To the Claimant's Primary Health Insurance Carrier.

(Signature of Parent/ Legal Guardian)

(Date)

Cash: _____ Check# _____ Initial _____

When: Tuesday &/or Thursday evenings

Start Time: 6:30 pm

Events Include: 50 Meter Dash, 100 Meter, 400 Meter, 4x100, &/or Long Distance

Where: Howell High School Track

Length of Program: May 1st – June 7th (6 weeks)

Open Registration: February 13th – March 19th **Fee:** \$50.00

Late Registration: March 20th – April 1st **Add:** \$10.00

All Registrations Must Be **Postmarked By April 1st**

Please Make Check Payable To "Howell PAL"

Participants Must Be Currently Attending: 2nd – 3rd, 4th – 5th, or 6th – 8th Grade.

Wear Sneakers, Loose Attire & Provide Your Own Water Bottle

*** Please Use Bathroom Facilities Prior To Attending Program***

All refunds are governed by the Howell PAL Refund Guidelines and Procedures



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2012 TRACK SCHEDULE OF EVENTS

Time: 6:00 pm – 8:00 pm

When: Tuesday & Thursday Evenings



Please Note: This program is designed to be a self-improvement program. The objective is to improve your own personal times each week they are recorded, while building stamina and strength, through the various activities covered during the course of the program. A long distance lane will also be provided for those who are interested in this field of training.

WEEK #1

- **May 1th & May 3rd** – Introduce & practice the 50, 100, 200, & 400 - meter events.

WEEK #2

- **May 8th & May 10th** – Introduce baton, passing & relay.

WEEK #3

- **May 15th & May 17th** – Begin recording times for the 50, 100, 200 & 400 - meter events.

WEEK #4

- **May 22nd & May 24th** – Practice baton event & continue timing events.

WEEK #5

- **May 29th & May 31st** – Make-up missing events/continue timing events.

WEEK #6

- **June 5th & June 7th** – In house track meet!

** Don't miss the 15 - 20 minute warm up session – designed to reduce the possibility of injury**

