

Stow Recreation Dept.

Can you ... tall buildings in a single bound, ... faster than a speeding bullet, or ... a ball more than a mile?

***Are you fast? Do you like to race? Do you have a "good arm"?
Can you and your friends form a fast team?***

Come to this informal and fun track and field clinic designed to introduce participants to the great sport of track and field, and to familiarize participants with the Hershey Track Meet events. The emphasis is on participating, learning, improving, and doing the best one can.

Events include a softball throw for distance, the standing broad jump, and four individual running races of different distances. There is also a 4 x 100 relay. Come with your relay team together, or we will create and put you in one. Last year three relay teams qualified for the state meet.

The events are contested in three age groups - - 9-10 year olds, 11-12 year olds and 13-14 year olds - - based on your age at the end of the year.

For: **Boys and Girls, ages 9 - 14** (as of 12/31/13)

Location: Maynard H.S. track

When: **Sunday - May 19 4:00 – 5:45** (1st session is 15 min. longer)
Sunday - June 2 4:00 – 5:30
Wednesday - June 5 4:00 – 5:30 **scrimmage in Littleton**
(rain date of Thurs. June 6)
Sunday - June 9 4:00 – 5:30

Local Meet: **Thursday June 13 5:45 - 8:00 in Concord**
(rain date of Fri. June 14)

State Meet: Saturday, June 22 (based on qualifying performance)

Cost: \$64

The Hershey track program is a national program involving recreation departments that hold local and state track meets. The program is sponsored by the Hershey Corporation to promote fitness in America's youth.

Questions? Call or E-mail David Bell 978-505-0675 davidkbell@hotmail.com

Retain top for your information and return the registration below to:

Recreation Department
Town of Stow
Town Hall
380 Great Rd.
Stow, MA 01775-2127

Please make checks payable to **Town of Stow**

Name Current Grade Age as of 12/31/13

Address _____

Tel# _____ Emerg. Tel# _____

School _____

E-Mail address _____