



Howell PAL

P.O. Box 713

Kent Road • Phone: 732-919-2825 Fax: 732-919-1212 • www.howellpal.org



TRACK & FIELD – 2019



When: Tuesday & Thursday evenings

Time: 6:00 pm - 8:00 pm

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

Where: Howell High School Track

Grades: 2nd – 8th

Length of Program: April 23, 25 May 7, 9, 14, 16, 21, 23, 28 30 June 4 & 6

Registration NOW – April 15th Fee: \$125.00

Wear Sneakers, Loose Attire & Provide Your Own Water Bottle

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

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.

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

To receive up to date text messages about cancellations please text: 81010 with the message @paltrack (if you do not receive text messages please notify the PAL office when registering!)

PLEASE GO TO
www.howellpal.org
TO REGISTER!