

40th Annual Series -- For walkers and runners of every age
2019 INDOOR TRACK MEETS



Sunday evenings, January 27, February 10, February 24

Thomas Jefferson Community Center, 3501 South 2nd Street, Arlington VA 22204

EVENTS and approximate start times: Doors open at 6:00 PM. Please do not enter earlier

- 6:15 PM 800m Race Walk** One heat, simultaneous with longer race walks
- 6:15 PM 1500m & 3000m Race Walk** One heat, followed by race-walk clinic for young athletes
- 6:45 PM 55m Run** Heats by age and gender
- 7:30 PM One-Mile Run** 5 heats: Youth, women, open>5:00, elite<5:00, masters 40+
- 8:00 PM 400m Run** Heats by age and gender
- 8:30 PM 800m Run** Heats by age and gender
- 9:00 PM 200m Run** Heats by age and gender
- 9:30 PM 3000m Run (15 laps) & 5000m Run (25 laps)** One heat

- 7:00 PM Race walk clinic
- Feb.24 makes up for Jan.13

Note: We record individual times only in 3000-meter race walk, 1-mile, 3000-meter, and 5000-meter, but not in the shorter events

- **Conducted by POTOMAC VALLEY TRACK CLUB** See www.pvtc.org/indoor in co-operation with Arlington Department of Parks, Recreation, and Community Resources
- **Track:** Soft urethane four-lane 200-meter indoor track • 8+ laps to the mile, 22.5-meter turn radius
- **No spikes please:** not metal, not plastic, not ceramic, no hard plastic soles
- **Blocks:** Please bring your own starting blocks for 55m if you wish • Please, no food in the gym
- **Directions:** From DC or Beltway (I-495), take Arlington Blvd (Route 50) to Glebe Rd (Route 120) Take Glebe Road one block south to 2nd Street. Turn left (east). TJ is on your left. Parking is free From I-395, take Glebe Road (Route 120) north 3 miles to South 2nd Street, then turn right
- **Track meet questions?** Call 703-927-4833 • **PVTC questions?** Call 703-481-3530
- Financial aid is available. Please contact us at PVTCSECRETARY@GMAIL.COM Please enter on-line at www.pvtc.org/indoor or by mail using this form:



Mail this form and your check to PVTC, 611 South Ivy Street, Arlington VA 22204

Students up to 8th grade (free!) may fax their entries to 703-521-6157

Name _____ Phone _____ - _____ - _____ Age ____ M/F ____

Address _____ City, State, ZIP _____

E-mail _____ Birthdate ____ / ____ / _____

Expect me: JANUARY 27 FEBRUARY 10 FEBRUARY 24

- FREE** for students up to 8th grade • **RIBBONS** for every youth finisher
- \$3** per meet x ____ meets (high school students) (\$ 8 for all 3 meets by January 25)
- \$4** per meet x ____ meets (PVTC members) (\$11 for all 3 meets by January 25)
- \$5** per meet x ____ meets (all others) (\$14 for all 3 meets by January 25)

- To help keep these meets free for kids, here is a donation of \$ ____ . Total enclosed: \$ ____
- I will help as a volunteer. Please call me. **We need 6 timers for the 55-meter – meet at 6:30 PM**

To volunteer, see www.pvtc.org/timers.htm or e-mail PVTCSECRETARY@GMAIL.COM

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and accepted by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Arlington County VA, their elected and appointed officials and employees, Potomac Valley Track Club, RRCA, USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of Arlington County VA. I agree to release my name and photo for publicity purposes. I understand that my name and address will be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____