



Physical Therapy &
Sports Medicine Institute
703-205-1233
If it hurts,
call ACE-PT first

ACE Physical Therapy & Sports Medicine Institute Potomac Valley Track Club



2017 Outdoor All-Comers Track & Field Meets
Registration opens at 7:30 AM – First event starts 8:30 AM

- Saturday, May 27 - Robinson High School, 5035 Sideburn Rd, Fairfax VA 22032
- Saturday, June 10 - T.C. Williams High School, 3330 King Street, Alexandria VA
- Saturday-Sunday, June 10-11 - Decathlon – T.C. Williams High School
- Saturday, July 8 - Howard Community College, 10901 Little Patuxent Parkway, Columbia MD
- Saturday, July 22 - Edison High School, 5801 Franconia Road, Alexandria VA
- Saturday, August 5 - Edison High School, 5801 Franconia Road, Alexandria VA
- Saturday, August 19 - Edison High School, 5801 Franconia Road, Alexandria VA
- Saturday-Sunday, September 2-3 - 42nd annual ACE-PT Potomac Valley Games – T.C. Williams High School

www.pvtc.org/outdoor.html - 703-481-3530 - cchasse.acds@juno.com



REGISTRATION:

- \$10.00 non-PVTC members 18 and over
- \$ 5.00 PVTC members
- No pre-registration required – You may register on-line at www.pvtc.org or on the day of the meet
- Registration opens one hour before first event
- Membership is not required to compete, but if you join PVTC at a meet, then your first meet is free
- All tracks are 400m fast, rubberized, all weather surfaces
- \$5.00 Youth under 18
- Unlimited number of events for one entry fee

TRACK EVENTS:

- 8:30 AM • 3000m Racewalk / 800m Youth Racewalk, followed by • 300/400m
- Mile followed by • 100m • Mile Walk • 400m • 100/110m Hurdles
- 3000m • 200m • 800m • 4x100m • 4x400m Hurdles

FIELD EVENTS:

- 8:30 AM • High Jump under 5 feet 10:00 AM • High Jump over 5 feet
- 8:30 AM • Youth Long Jump, followed by • Turbo-Javelin
- Adult Long Jump starts after 100m, followed by • Triple Jump
- 8:30 AM • Discus, followed by • Shotput
- 10:00 AM • Pole Vault
- 1:00 PM Events at T.C. Williams High School, 3330 King Street, Alexandria VA 22302:
- Javelin, and
 - Hammer followed by Weight Throw and Superweight Throw

SPECIAL EVENTS:

- Free racewalk clinic before each meet at 7:00 AM
- All meets are sanctioned by USATF
- All USATF-member athletes are covered by their individual insurance
- USATF membership is available at www.usatf.org
- If you are going for a record in any event, please notify the meet director in advance so that we can provide the required number of certified timers and judges
- PVTC intends to hold all track and field meets as scheduled, however, PVTC reserves the right to cancel or shorten an event, or the meet, due to time constraints or hazardous conditions
- ACE-PT Potomac Valley Games Championship Meet - Saturday, September 2 & Sunday, September 3 including Mark Richards Open Pentathlon and Throws Pentathlon, all at T.C. Williams High School

