



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



2018 Outdoor All-Comers Track & Field Meets Registration opens at 7:30 AM – First event starts 8:30 AM

- Saturday, May 26 - Robinson High School, 5035 Sideburn Rd, Fairfax VA
- Saturday, June 9 - T.C. Williams High School, 3330 King Street, Alexandria VA
- Saturday-Sunday, June 9-10 - Decathlon – T.C. Williams High School
- Saturday, July 14 - Wakefield High School, 1325 S. Dinwiddie St, Arlington VA
- Saturday, August 18 - Edison High School, 5801 Franconia Road, Alexandria VA
- Saturday-Sunday, September 1-2 - 43rd annual Potomac Valley Games – T.C. Williams High School

www.pvtc.org/outdoor.html - 703-481-3530 - pvtcpresident@gmail.com

(NO MEET ON AUGUST 4, sorry about that)



REGISTRATION:

- \$10.00 non-PVTC members 18 and over • \$5.00 Youth under 18
- \$ 5.00 PVTC members • Unlimited number of events for one entry fee
- No pre-registration required – You may register on-line at www.pvtc.org or on the day of the meet
- Registration opens at 7:30 AM, 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

TRACK EVENTS: (from 8:30 AM to approximately 1:00 PM)

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|---------|---|--------------------|
| 8:30 AM | • 3000m Racewalk / 800m Youth Racewalk, followed by | • 300/400m |
| 9:10 AM | • 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, Hammer, Weight Throw, and Superweight Throw | | |



ADDITIONAL INFORMATION:

- 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-Sunday, September 1-2 including Mark Richards Open Pentathlon and Throws Pentathlon, all at T.C. Williams High School