



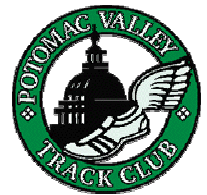
Physical Therapy & Sports Medicine Institute

POTOMAC VALLEY TRACK CLUB PRESENTS THE 42nd ANNUAL

ACE Physical Therapy & Sports Medicine Institute

POTOMAC VALLEY GAMES

TRACK & FIELD MEET FOR ATHLETES OF ALL AGES



T.C. Williams High School, 3330 King Street, Alexandria VA 22302

Saturday-Sunday, September 2-3, 2017 -- www.pvtc.org/pvgames

2017 Potomac Valley Track Club Championship-All Ages • Mark Richards Pentathlon (Saturday) • Throws Pentathlon (Sunday)

Table with 4 columns: Saturday, September 2 (athletes 14 & under), Saturday, September 2 (athletes 15 & over), Sunday, September 3 (athletes 15 & over), Sunday, September 3 (athletes 15 & over). Each column lists track and field events with times.

MAIL-IN ENTRY FORM -- or enter on-line at www.pvtc.org/pvgames

Make checks payable to PVTC – mail to PVTC, c/o Jay Jacob Wind, 611 South Ivy Street, Arlington VA 22204 (We must receive your mailed-in entry by Wednesday, August 30, at 5:00 PM, please.)

Name (please print) _____ Phone _____ - _____ - _____
Address _____ City/State _____
Gender (M/F) ___ Date of Birth (MM/DD/YYYY) ___ - ___ - ___ ZIP _____ - _____
E-mail (for confirmation only) _____
[] Invite me to PVTC's group PVTC@yahoo.com USATF ID number _____

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, directors, Potomac Valley Track Club, RRCA, USATF, Alexandria City Public Schools, Fairfax County Public Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above events.

Your Signature: _____ Date: _____ Please enter your best times or marks.
(Parent's signature if athlete is under 18 years of age)

Table for registration fees. Columns: ATHLETES 14 & UNDER, ATHLETES 15-18, ADULTS. Rows: Team Name, Coach, Event 1-6, Relays, Late Fee. Includes pricing for Throws Pentathlon and Mark Richards Pentathlon.

PVTC members may take a \$1.00 discount per event. Enter on-line at www.pvtc.org/pvgames

- Proud sponsor: ACE Physical Therapy & Sports Medicine Institute
- IF IT HURTS, CALL ACE PT FIRST (703-205-1233) www.ace-pt.org



Alexandria • Arlington / Clarendon • Fairfax / Fair Oaks • Falls Church / Merrifield
Herndon / Reston • Lansdowne / Leesburg • Tysons Corner / Vienna / McLean

ON-LINE REGISTRATION:

- We strongly recommend pre-registration
- Register on-line at www.pvtc.org/pvgames
- PVTC members save \$1 per event
- Scan this QR code to register by smart phone



ENTRY FEES:

- **Adults 19 & over:** \$9 for first event, \$7 for second & third event, \$7 for fourth & each additional event on-line
\$6 for fourth & each additional event by mail
\$1 per event discount for PVTC members
- **Athletes 18 & under:** \$8 for first event; \$6 for second & third event, \$6 for fourth & each additional event on-line
\$5 for fourth & each additional event by mail
- **Throws Pentathlon:** \$25 all events on Sunday
Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
- **Mark Richards Pentathlon:** \$25 all events on Saturday
Events: Men: LJ/JT/200/DT/1500 Women: 100HH/HJ/SP/LJ/800

LATE FEES: \$10 per person after Wednesday, 8/30

- Please register by Wednesday, August 30, 5:00 PM
- Add \$10 for registrations after Wednesday, August 30, 5:00 PM
- Entries for each event close one hour before the event time listed.
NO EXCEPTIONS.

SPECIAL AWARD (limit one per athlete)

- If you finish in the top 3 in any event, you can get a PV Games Paperweight, seven-color desk lamp, or PVTC polo shirt in place of your ribbon

OPEN AWARDS:

- **Potomac Valley Track Club ribbons** to first three athletes in these age groups: 15-18, 19-24, and each 5-year age group thereafter.

YOUTH AWARDS are based on age as of December 31, 2017

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2009 or later
- 9-10--born in 2007 or 2008
- 11-12--born in 2005 or 2006
- 13-14--born in 2003 or 2004

EVENT INFORMATION:

- **Order of events:** Unless stated otherwise, women first, then men, by age group from youngest to oldest
- Age groups may be combined
- Registration closes one hour before time listed for the event
- **Horizontal jumps and throwing events:** Six jumps/throws per athlete. All athletes should supply their own implements. Some implements are available at the track. Implements will be inspected at check-in.
- USATF Rules apply, e.g., all field events are measured in meters.
- **Athletes 14 & under** may enter only in Saturday youth events.
- **Athletes must be 15 or older** to compete in Sunday events.
- **Athletes 15-18** throw age-appropriate weight implements

MARK RICHARDS PENTATHLON:

Saturday, September 2, at T.C. Williams High School

Men: Long Jump / Javelin / 200m / Discus / 1500m

Women: 100HH / High Jump / Shot Put / Long Jump / 800m
All competitors get three throws per event

THROWS PENTATHLON:

Sunday, September 3, at T.C. Williams High School

- All competitors get three throws per event
- Events:
Hammer, followed by Shot Put, Discus, Javelin, Weight Throw

DIRECTIONS

TO T.C. WILLIAMS HIGH SCHOOL

- T.C. Williams High School, 3330 King Street, Alexandria VA 22302
- From I-495, take 395 North to Exit 5 King St (VA-7) East
- Drive southeast about one mile
- The school is on your right
- The parking garage on the right side of the school

TRACK & TIMING

- All-weather six-lane 400-meter track
- Short spikes (1/4" or less) only
- Javelin thrown off grass
- We use FINISH LYNX fully automatic timing system.
- We use wind gauges for applicable events.

SANCTIONED by USA Track and Field (USATF)

- Open to competitors of all ages. USATF Rules apply.

RESULTS:

- Results will be posted ASAP on our web site www.pvtc.org/results

FOR MORE INFO and to REGISTER ON-LINE

- Enter on-line via www.pvtc.org/pvgames

- E-mail: cchasse.acds@juno.com
- Hotline: 703-481-3530
- Live tech support: 703-927-4833