



POTOMAC VALLEY TRACK CLUB PRESENTS THE 47th ANNUAL

POTOMAC VALLEY GAMES

TRACK & FIELD MEET FOR ATHLETES OF ALL AGES



A Fundraiser for the ACHS T&F Team

Alexandria City High School, 3330 King Street, Alexandria VA 22302

Saturday-Sunday, September 2-3, 2023 -- www.pvtc.org/pvgames

2023 Potomac Valley Track Club Championship-All Ages • Mark Richards Pentathlon (Saturday) • Throws Pentathlon (Sunday)

<p>Saturday, September 2 (athletes 14 & under)</p> <p>7:30 AM Check-in opens</p> <p>YOUTH TRACK EVENTS:</p> <p>9:30 AM 3000 meter run 9:55 AM 80m hurdles (11-12) 10:05 AM 100m hurdles (13-14) 11:15 AM 100 meter dash 11:45 AM 1-mile run 12:30 PM 400 meter dash 1:30 PM 200 meter dash 2:00 PM 800 meter run 2:20 PM 4x100 meter relay</p> <p>YOUTH FIELD EVENTS:</p> <p>9:00 AM Shot Put 11:00 AM High Jump 12:00 PM Long Jump 1:00 PM Turbo-Javelin</p> <p>USATF rules apply in all events</p> <p>Pentathlon may delay Saturday events</p>	<p>Saturday, September 2 (athletes 15 & over)</p> <p>7:30 AM Check-in opens</p> <p>ADULT FIELD EVENTS:</p> <p>9:00 AM Discus 1 – Women 9:00 AM Javelin 1 – Men 9:30 AM Men’s Pentathlon begins 9:50 AM Women’s Pentathlon begins 10:00 AM Pole Vault 1 – Start<10 feet 10:00 AM Discus 2 – Men 60+ 10:30 AM Shot Put 1 – All women 11:30 AM Discus 3 – Men 59 & under 12:00 PM Shot Put 2 – Men 60+ 12:00 PM Pole Vault 2 – Start@10 feet 12:30 PM Discus – M.R. Pentathlon off site 12:30 PM Javelin 2 – Women 1:30 PM Shot Put 3 – Men 15-59 2:00 PM Weight Throw 3:00 PM Super Weight</p> <p>ADULT TRACK EVENTS:</p> <p>8:00 AM 10000m run (60-minute cut-off) 9:00 AM 5000m run (30-minute cut-off) 9:50 AM 80m hurdles (w40+, m70+) 10:00 AM 100m hurdles (women’s pentathlon) 10:05 AM 100m hurdles (women 15-39) 10:10 AM 100m hurdles (men 50-69) 10:20 AM 110m hurdles (men 15-49) 10:30 AM 5000m racewalk 1:00 PM 300/400m hurdles</p>	<p>Sunday, September 3 (athletes 15 & over)</p> <p>7:30 AM Check-in opens</p> <p>ADULT FIELD EVENTS:</p> <p>9:00 AM Throws Pentathlon (begins with Hammer, followed by Shot Put, Discus, Javelin, and Weight Throw) 9:00 AM Long Jump 1 (men 19-59) 9:00 AM High Jump 1 (start<5 feet) 10:00 AM Hammer Throw 10:45 AM Long Jump 2 (all women; men 60+) 12:00 PM High Jump 2 (start>5 feet) 12:00 PM Triple Jump</p>	<p>Sunday, September 3 (athletes 15 & over)</p> <p>7:30 AM Check-in opens</p> <p>ADULT TRACK EVENTS:</p> <p>8:30 AM 1-mile power walk (monitored) 9:00 AM 4x800 meter relay 9:20 AM 3000 meter run 9:50 AM 1-mile racewalk 10:15 AM 100 meter dash 10:45 AM 1-mile run 11:20 AM 400 meter run 11:45 AM 3000 meter racewalk 12:25 PM 200 meter dash 1:00 PM 800 meter run 1:30 PM 2000m Steeplechase (all women; men 60+) 1:50 PM 3000m Steeplechase (men 15-59) 2:10 PM 4x100 meter relay 2:30 PM 4x400 meter relay</p> <p>Youth race walkers may enter the</p> <p>9:50 AM 1-mile racewalk 11:45 AM 3000 meter racewalk</p> <p>All events on both days are finals</p>
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MAIL-IN ENTRY FORM -- or enter on-line at www.pvtc.org/pvgames

Make checks payable to PVTC – mail to PVTC, c/o Craig Chasse, 2016 Winged Foot Ct. Reston, VA 20191

(We must receive your mailed-in entry by Monday, August 28, 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 PVTRACK+subscribe@googlegroups.com

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, 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. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or attributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for Potomac Valley Games.

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

ATHLETES 14 & UNDER	ADULTS
Age as of December 31, 2023	Age as of September 2, 2023
Team Name _____ Coach _____	Throws Pentathlon \$25 = \$ _____
ATHLETES 15-18	Mark Richards Pentathlon \$25 = \$ _____
Age as of December 31, 2023	
Event 1 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 1 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Event 2 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 2 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Event 3 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 3 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Event 4 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 4 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Event 5 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 5 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Event 6 _____ Best since August 2021 _____ : _____ @ \$10 = \$ _____	Event 6 _____ Best since August 2021 _____ : _____ \$ 10 = \$ _____
Relays (register on day of race, no late fee) @ \$20 = \$ _____	Relays (register on day of race, no late fee) . . \$20 = \$ _____
Add \$20 late fee for entries after Monday, August 28, at 5:00 pm	TOTAL ENCLOSED (payable to PVTC) = \$ _____

PVTC members may enter a second event free (not pentathlons). Enter on-line at www.pvtc.org/pvgames

ON-LINE REGISTRATION:

- We require pre-registration on-line or by mail
- Register on-line at www.pvtc.org/pvgames
- PVTC members save by getting a second event free
Email Craig pvtcpresident@gmail.com after you enter 1 event and let him know your free event

ENTRY FEES:

- **Individual Events:** \$10 per event, PVTC members get 1 extra event free
- **Relays:** \$20 per team. No late fee, but must submit team relay form at least one hour before scheduled start time.
- ~~Throws Pentathlon:~~ — \$25 all events on Sunday
— Events: Hammer, Shot Put, Discus, Javelin, Weight Throw Cancelled due to field where discus /hammer is thrown is being seeded and no safe alternative is available
- **Mark Richards Pentathlon:** \$25 all events on Saturday
Events: Men: LJ/JT/200/DT/1500 Women: 100HH/HJ/SP/LJ/800

LATE FEES: \$20 per person after Monday, 8/28

- ~~Please register before Monday, August 28 at 5 pm~~
- ~~Add \$20 for registrations after Monday, August 28, 5 pm~~
- No race-day registration, Registration closes at 8pm on Fri. 9/1

OPEN AWARDS:

- **Potomac Valley Track Club medals** 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, 2023

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2015 or later
- 9-10--born in 2013 or 2014
- 11-12--born in 2011 or 2012
- 13-14--born in 2009 or 2010

BIB NUMBERS COURTESY OF [POTOMAC RIVER RUN & WALK](#)



EVENT INFORMATION:

- **Order of events:** Unless stated otherwise, women first, then men, by age group from youngest to oldest
- Age groups may be combined
- **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
- **PVTC reserves the right to change the schedule of events**
- **No race-day registration – you must register by 8pm on Friday September 1st**

MARK RICHARDS PENTATHLON:

Saturday, September 2, at Alex. City High School

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

Women: 100HH / High Jump / Shot Put / Long Jump / 800m

All competitors get three throws / jumps per event

THROWS PENTATHLON:

Sunday, September 3, at Alex. City High School

~~• All competitors get three throws per event~~

~~• Events:~~

~~— Hammer, followed by Shot Put, Discus, Javelin, Weight Throw
Cancelled due to field where discus /hammer is thrown is being seeded and no safe alternative is available~~

DIRECTIONS

TO ALEXANDRIA CITY HIGH SCHOOL

- Alexandria City 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 seven-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 & 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: pvtcpresident@gmail.com
- Hotline: 703-481-3530