POTOMAC VALLEY TRACK CLUB PRESENTS THE 49th 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, August 30 & August 31, 2025 --** [**www.pvtc.org/pvgames**](http://www.pvtc.org/PVGAMES)

**2025 Potomac Valley Track Club Championship-All Ages** • **Mark Richards Pentathlon (Saturday)**

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| **Saturday, August 30**  *(athletes 14 & under)*  **7:30 AM** Check-in opens  **YOUTH TRACK EVENTS:**  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  **YOUTH FIELD EVENTS:**  9:00 AM Shot Put  11:00 AM High Jump  12:00 PM Long Jump  1:00 PM Turbo-Javelin  USATF rules apply in all events  Pentathlon may interrupt other track events on Saturday  Time schedule is approx. we will update based on on time entries close 8/25 at 5pm and send out an updated schedule | **Saturday, August 30**  *(athletes 15 & over)*  **7:30 AM** Check-in opens  **ADULT FIELD EVENTS:**  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 – MR Pent.  12:30 PM Javelin 2 – Women  1:30 PM Shot Put 3 – Men 15-59  **ADULT TRACK EVENTS:**  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 | **Sunday, August 31**  *(athletes 15 & over)*  **7:30 AM** Check-in opens  **ADULT FIELD EVENTS:**  9:00 AM Long Jump 1 (men 19-59)  9:00 AM High Jump 1 (start<5 feet)  10:00 AM Weight Throw/ Super  Weight for all women/M70+  10:45 AM Long Jump 2  (all women; men 60+) 11:45 AM Weight Throw/ Super Weight for all men under 70  12:00 PM High Jump 2 (start>5 feet)  12:00 PM Triple Jump | **Sunday, August 31**  *(athletes 15 & over)*  **7:30 AM** Check-in opens  **ADULT TRACK EVENTS:**  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  Youth race walkers may enter the  9:50 AM 1-mile racewalk  11:45 AM 3000 meter racewalk  All events on both days  are finals |

#### **MAIL-IN ENTRY FORM** -- or enter on-line at<https://www.simplyregister.net/register/?e=128108>

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 25, at 5:00 PM)

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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)*

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| **ATHLETES 14 & UNDER Age as of December 31, 2025 \_\_ \_\_** Team Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **ATHLETES 15-18 Age as of December 31, 2025 \_\_ \_\_** | **ADULTS Age as of August 30, 2025\_\_ \_\_**  Mark Richards Pentathlon $30 = $\_\_ \_\_ |
| Event 1 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $15 = $\_\_ \_\_ | Event 1 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 15 = $\_\_ \_\_ |
| Event 2 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $10 = $\_\_ \_\_ | Event 2 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 10 = $\_\_ \_\_ |
| Event 3 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $10 = $\_\_ \_\_ | Event 3 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 10 = $\_\_ \_\_ |
| Event 4 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $10 = $\_\_ \_\_ | Event 4 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 10 = $\_\_ \_\_ |
| Event 5 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $10 = $\_\_ \_\_ | Event 5 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 10 = $\_\_ \_\_ |
| Event 6 \_\_\_\_\_\_\_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ @ $10 = $\_\_ \_\_ | Event 6 \_\_\_\_\_ Best since August 2022 \_\_\_:\_\_\_\_ $ 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 25, 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**

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| |  | | --- | |  |   **ON-LINE REGISTRATION:**   * We require pre-registration on-line or by mail * Register on-line at[**www.pvtc.org/pvgames**](http://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: First event is $15,** $10 for each additional event, PVTC members get 2nd event free * **Relays:** $20 per team. No late fee but must submit team relay form at least one hour before scheduled start time. * **Mark Richards Pentathlon:** $30 all events on Saturday   Events: Men: LJ/JT/200/DT/1500 Women: 100HH/HJ/SP/LJ/800 LATE FEES: $20 per person after Monday, 8/25  * Please register before Monday, August 25 at 5 pm * Add $20 for registrations after Monday, August 25, 5 pm * No race-day registration, Registration closes at 8pm on Fri. 8/29  |  | | --- | |  |   **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, 2025**   * For youth events on Saturday, the 14 & under age group   is divided into 8 & under, 9-10, 11-12, 13-14   * 8 & under--born 2017 or later * 9-10--born in 2015 or 2016 * 11-12--born in 2013 or 2014 * 13-14--born in 2011 or 2012   **No race-day registration**  **Registration closes at 8pm on Fri. 8/29**  **Only event you can sign up for on race day is the relays.**  **Sorry for the inconvenience, but we need to keep the meet on time**  **Meet Bibs provided by:** | **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 at the tents next to the throw circle   * **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 August 29th**   **MARK RICHARDS PENTATHLON:**  **Saturday, August 30, 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   |  | | --- | |  |   **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 live on milestat.com and after the meet on our web site **www.pvtc.org/results**   **FOR MORE INFO and to REGISTER ON-LINE**   * Enter on-line via [**www.pvtc.org/pvgames**](http://www.pvtc.org/pvgames) * E-mail: [pvtcpresident@gmail.com](mailto:pvtcpresident@gmail.com) * Hotline: 703-481-3530 |