



POTOMAC VALLEY TRACK CLUB PRESENTS THE 46th ANNUAL
ACE Physical Therapy & Sports Medicine Institute
POTOMAC VALLEY GAMES



TRACK & FIELD MEET FOR ATHLETES OF ALL AGES

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

Saturday-Sunday, September 3-4, 2022 -- www.pvtc.org/pvgames

2022 Potomac Valley Track Club Championship-All Ages • Mark Richards Pentathlon (Saturday) • Throws Pentathlon (Sunday)

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| <p>Saturday, September 3 <i>(athletes 14 & under)</i> 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</p> <p>YOUTH FIELD EVENTS: 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 Pentathlon may delay Saturday events</p> | <p>Saturday, September 3 <i>(athletes 15 & over)</i> 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 – M.R. Pentathlon 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: 8:00 AM 10-kilometer run (60-minute cut-off) 9:00 AM 5-kilometer 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 5-kilometer racewalk 1:00 PM 300/400m hurdles</p> | <p>Sunday, September 4 <i>(athletes 15 & over)</i> 7:30 AM Check-in opens ADULT FIELD EVENTS: 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 4 <i>(athletes 15 & over)</i> 7:30 AM Check-in opens ADULT TRACK EVENTS: 8:30 AM 1-mile power walk (monitored) 9:00 AM 4x800 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 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 29, 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 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, 2022 ___ | Age as of September 3, 2022 ___ |
| Team Name _____ Coach _____ | Throws Pentathlon \$25 = \$ _____ |
| ATHLETES 15-18 | Mark Richards Pentathlon \$25 = \$ _____ |
| Age as of December 31, 2022 ___ | |
| Event 1 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 1 _____ Best since August 2019 ___:___ \$ 10 = \$ _____ |
| Event 2 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 2 _____ Best since August 2019 ___:___ \$ 10 = \$ _____ |
| Event 3 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 3 _____ Best since August 2019 ___:___ \$ 10 = \$ _____ |
| Event 4 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 4 _____ Best since August 2019 ___:___ \$ 10 = \$ _____ |
| Event 5 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 5 _____ Best since August 2019 ___:___ \$ 10 = \$ _____ |
| Event 6 _____ Best since August 2019 ___:___ @ \$10 = \$ _____ | Event 6 _____ Best since August 2019 ___:___ \$ 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 29, 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

- 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 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
- Scan this QR code to register by smart phone

ENTRY FEES:

- **Individual Events:** \$10 per event, PVTC members get 1 extra event free
- **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: \$20 per person after Monday, 8/29

- Please register before Monday, August 29 at 5 pm
- Add \$20 for registrations after Monday, August 29, 5 pm
- No race-day registration, Registration closes at 8pm on Fri. 9/2

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, 2022

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2014 or later
- 9-10--born in 2012 or 2013
- 11-12--born in 2010 or 2011
- 13-14--born in 2008 or 2009

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 2nd**

MARK RICHARDS PENTATHLON:

Saturday, September 3, 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 4, at Alex. City High School

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

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: cchasse.acds@juno.com
- Hotline: 703-481-3530