



POTOMAC VALLEY TRACK CLUB PRESENTS THE 43RD 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, August 31-September 1, 2019 -- www.pvtc.org/pvgames

2019 Potomac Valley Track Club Championship-All Ages • Mark Richards Pentathlon (Saturday) • Throws Pentathlon (Sunday)

<p>Saturday, August 31 (athletes 14 & under) 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 Pentathlon may delay Saturday events</p>	<p>Saturday, August 31 (athletes 15 & over) 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 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 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 1 (athletes 15 & over) 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 1 (athletes 15 & over) 7:30 AM Check-in opens</p> <p>ADULT TRACK EVENTS:</p> <p>8:30 AM 1-mile power walk (monitored) 9:00 AM 3000 meter run 9:30 AM 1-mile racewalk 10:00 AM 100 meter dash 10:35 AM 1-mile run 11:15 AM 400 meter run 11:40 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 9:30 AM 1-mile racewalk 11:40 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 Jay Jacob Wind, 611 South Ivy Street, Arlington VA 22204

(We must receive your mailed-in entry by Monday, August 26, 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

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. 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		Age as of December 31, 2019	ADULTS		Age as of August 31, 2019
Team Name _____ Coach _____					
ATHLETES 15-18		Age as of December 31, 2019			
Event 1	Best since August 2018	: @ \$8 = \$	Event 1	Best since August 2018	: \$ 9 = \$
Event 2	Best since August 2018	: @ \$6 = \$	Event 2	Best since August 2018	: \$ 7 = \$
Event 3	Best since August 2018	: @ \$6 = \$	Event 3	Best since August 2018	: \$ 7 = \$
Event 4	Best since August 2018	: @ \$5 = \$	Event 4	Best since August 2018	: \$ 6 = \$
Event 5	Best since August 2018	: @ \$5 = \$	Event 5	Best since August 2018	: \$ 6 = \$
Event 6	Best since August 2018	: @ \$5 = \$	Event 6	Best since August 2018	: \$ 6 = \$
Relays (register on day of race, no late fee) @ \$20 = \$			Relays (register on day of race, no late fee) . . \$24 = \$		
Add \$20 late fee for entries after Monday, August 26, at 12:00 noon			TOTAL ENCLOSED (payable to PVTC) = \$		

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 require pre-registration on-line or by mail
- 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: \$20 per person after Monday, 8/26

- Please register before Monday, August 26, at 12:00 noon
- Add \$20 for registrations after Monday, August 26, 12:00 noon
- No race-day registration

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, 2019

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2011 or later
- 9-10--born in 2009 or 2010
- 11-12--born in 2007 or 2008
- 13-14--born in 2005 or 2006

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
- **PVTC reserves the right to change the schedule of events**
- **No race-day registration – you must register by Friday, August 30, 5:00 PM for Saturday events by Saturday, August 31, 12:00 noon for Sunday events**

MARK RICHARDS PENTATHLON:

Saturday, August 31, 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 / jumps per event

THROWS PENTATHLON:

Sunday, September 1, 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 & 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