

POTOMAC VALLEY TRACK CLUB PRESENTS THE 45th

POTOMAC VALLEY GAMES

TRACK & FIELD MEET FOR ATHLETES OF ALL AGES

James Madison High School, 2500 James Madison Dr., Vienna VA 22181

Sunday September 5, 2021 -- www.pvtc.org/pvgames

2021 Potomac Valley Track Club Championship-All Ages



FIELD EVENTS:

- 8:00 AM Long Jump 1 (youth + women 60+)
- 8:30 AM High Jump 1 (start<5 feet)
- 9:00 AM Discus 1 – Women
- 9:00 AM Long Jump 2 (<59 Women, Men 60+)
- 10:00 AM Long Jump 3 (<59 Men)
- 10:00 AM Discus 2 – Men 60+
- 10:00 AM Pole Vault 1 – Start <10 feet
- 10:30 AM High Jump 2 (start >5 feet)
- 10:30 AM Shot Put 1 – Women + **Men <59**
- 11:00 AM Triple Jump
- 11:30 AM Discus 3 – Men 59 & under
- 11:30 AM Shot Put 2 – Men 60+
- 12:00 PM Pole Vault 2 – Start @ 10 feet
- ~~12:00 PM Shot Put 3 – If Needed~~
- 12:00 PM Turbo-Javelin (12&under)

USATF rules apply in all events

TRACK EVENTS:

- 8:00 AM 5-kilometer run (30-minute cut-off)
- 8:30 AM 4x80m Shuttle Hurdle Relays (w40+, m70+)
- 8:40 AM 4x100m Shuttle Hurdle Relays (w<39,M50-69)
- 8:50 AM 4x110 Shuttle Hurdle Relay (M15-49)
- 9:00 AM 3000 meter racewalk
- 9:30 AM 4x800 relay
- 9:45 AM 80m hurdles (11-12, W40+ M70+)
- 9:55 AM 100m hurdles (women 15-39, 13-14B/G)
- 10:05 AM 100m hurdles (men 50-69)
- 10:15 AM 110m hurdles (men 15-49)
- 10:25 AM 100 meter dash
- 10:55 AM 1-mile run
- 11:30 AM 400 meter dash
- 12:00 PM 1-mile racewalk
- 12:20 PM 200 hurdles (13-14, m80+, w70+)
- 12:25 PM 300 hurdles (men 60-79, women 50-69)
- 12:30 PM 400 hurdles (women 15-49, men 15-59)
- 12:40 PM 3000 meter run
- 1:00 PM 200 meter dash
- 1:30 PM 800 meter run
- 2:10 PM 4x100 meter relay
- 2:30 PM 4x400 meter relay

Sunday, September 5

At City of Alexandria HS

- 1:00 PM Hammer Throw **Women + Men <59**
- 1:30 PM Javelin 1 – **Women + Men <59**
- 2:30 PM Hammer 2 **Men 60+**
- 2:45 PM Javelin 2 – **Men 60+**
- Some men <59 in 2nd section if in Discus**
- 2:30 PM Weight Throw
- 3:30 PM Super Weight

We hope to be able to schedule a pentathlon and other events later in the fall, but do not have the proper facility to make this work for the Labor Day weekend

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, Sept. 1st, 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 email group or send an email to: pvtrack+subscribe@googlegroups.com

In consideration of your 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. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 can be extremely contagious. Evidence has shown that COVID-19 can cause serious and potentially life threatening illness and even death. I hereby choose to accept the risk of contracting COVID-19 for myself and/or my children in order to participate in the PV Games. I accept the risk of being exposed to, contracting, and/or spreading COVID-19. I understand to help mitigate any risk to myself and others that I will need provide proof of vaccination or a negative PCR/antigen test within 7 days of the competition to be allowed to compete. I will also submit a symptoms questionnaire and submit to a temperature check at the meet check in to further verify I am free of any COVID like symptoms. Spectators and volunteers at the meet will be given a temperature check and submit a questionnaire attesting that they have not knowingly been near anyone with COVID or display any symptoms.

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, 2021		ADULTS		Age as of September 5, 2021	
Team Name _____		Coach _____					
ATHLETES 15-18		Age as of December 31, 2021					
Event 1	Best since August 2019	:	@ \$8 = \$	Event 1	Best since August 2019	:	\$ 9 = \$
Event 2	Best since August 2019	:	@ \$6 = \$	Event 2	Best since August 2019	:	\$ 7 = \$
Event 3	Best since August 2019	:	@ \$6 = \$	Event 3	Best since August 2019	:	\$ 7 = \$
Event 4	Best since August 2019	:	@ \$5 = \$	Event 4	Best since August 2019	:	\$ 6 = \$
Event 5	Best since August 2019	:	@ \$5 = \$	Event 5	Best since August 2019	:	\$ 6 = \$
Event 6	Best since August 2019	:	@ \$5 = \$	Event 6	Best since August 2019	:	\$ 6 = \$
Relays (register on day of race, no late fee) @ \$20 = \$				Relays (register on day of race, no late fee) . . \$24 = \$			
Registration closes at 1159pm on Friday Sept. 3 rd Late entries will be \$20/person not per event. Must register by Sat. 9/4							
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

LATE FEES: \$20 per person if space is available

- Please register before Friday, Sept 3, at 11:59pm
- Add \$20 for registrations after Friday, Sept. 3, 11:59pm
- 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 socks for one event....medals/ribbons for other events

OPEN AWARDS:

- **Potomac Valley Track Club medals or 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, 2021

- Youth can enter any event* and will be divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2013 or later
- 9-10--born in 2011 or 2012
- 11-12--born in 2009 or 2010
- 13-14--born in 2007 or 2008
- *Turbo Jav is for 10&under only
- *Discus/High Hurdles starts at 11-12,
- *Triple Jump/Javelin/Int Hurdles start at 13-14

RESULTS:

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

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** throw age-appropriate weight implements
- **PVTC reserves the right to change the schedule of events**
- **No race-day registration – you must register by Friday, Sept. 3rd, 11:59 PM**

DIRECTIONS TO THE PV GAMES

To James Madison HIGH SCHOOL

For all running events and most field events

- 2500 James Madison Drive, Vienna VA 22181
- From N/S/E:**
 - Take I-495, take 66 West to Nutley St (VA-243) North
 - Drive north about one mile
 - Take a left on Maple Ave. The school is on your right just after Shell gas
 - Go around the right side of the school to the back where the track is located
- From West:**
 - Take 66 West to Exit 60 (VA-123) North
 - Drive north about 2.5 miles Take a left on Flint Hill Rd. At the four way stop at Sunrise, take a right and park in the lot by the trailers.

To City of Alexandria HIGH SCHOOL

(for Hammer/Javelin/Weight Throw/Super Weight)

- 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
- Best place to park is near the far right side of the park (road just past the high school – near Chinquapin Park)

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.

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