



# GRANITE TRACK & FIELD

## For Boys & Girls ages 7 & 8



Sponsored By:  CORE ORTHOPAEDICS ,  
Loco Sports & NHRPA Program

Track & field has been a fixture here in Exeter for 30 years to promote youth physical fitness and provide fun learning experiences for children 7 & 8. Hershey is no longer sponsoring the program but Loco Sports and the NH Recreation and Parks Association have taken it over. Youth track & field is a great way to get kids started in a physical fitness program. Join us as we help kids discover their potential, make new friends, and gain newfound self-confidence. Every child is a winner with track & field games!

**We will be using PEA track in Exeter off Court Street. YOU MUST COMPLETE AND RETURN THE FORM(S), A COPY OF YOUR BIRTH CERTIFICATE, AND REGISTRATION FEE TO THE EXETER PARKS & RECREATION DEPARTMENT OFFICE PRIOR TO THE FIRST PRACTICE YOU ATTEND.**

Registrants are required to attend as many practices as possible! If you cannot attend a practice, **you must call the coach**

Activity	Age (as of Dec. 31, 2016)	Fee	Fee after 4/22	Class Code
Girls	7-8	\$55.00	\$65.00	221300-4B
Boys	7-8	\$55.00	\$65.00	221300-4A

**Deadline:** The deadline to register for this program is **Friday, April 22<sup>nd</sup>, 2016**. Please make check payable to E.P.R.D Visa and MasterCard accepted. Sorry no refunds unless the program is cancelled. There will be a \$20.00 fee charged for each returned check.

**Location:** Phillips Exeter Academy's Track, Court St, Exeter, NH 03833

**PRACTICES BEGIN MAY 2<sup>nd</sup> – June 23<sup>rd</sup>, 2016**

**MONDAY & THURSDAY EVENINGS**

**6:30PM SHARP – 7:30PM**

**\*COACH MAY HAVE PARTICIPANTS ARRIVE PRIOR TO MEET TIMES FOR WARM-UPS**

**PARTICIPANTS IN THE 7/8 AGE GROUP PARTICIPATE IN THE TOWN MEET ONLY – THERE IS NOT AN OFFICIAL 7/8 YR OLD GROUP FOR GRANITE TRACK & FIELD**

• **NOTE: ANY SCHEDULE UPDATES/CHANGES WILL BE SENT VIA E-MAIL, PLEASE CONFIRM YOUR E-MAIL ADDRESS ON FILE.**

• **RULES**

1. The only restriction for participation is age – participants must be between 7 and 8 years old as of December 31<sup>st</sup> of the current year.
2. Competitors will determine which age groups to enter by calculating their age as of December 31<sup>st</sup>, 2016.
3. Contestants will compete only within the same sex divisions. Males will compete with males; females compete with females.

EVENT(S) YOU CAN COMPETE IN: **MAXIMUM OF 2 EVENTS PER PERSON!**

**BOYS**

**Ages 7 – 8 (Born in 2008-2009)**

1. 50 Meter Dash
2. 100 Meter Dash
3. 200 Meter Dash
4. 400 Meter Dash
5. Standing Long Jump
6. Softball Throw

**GIRLS**

**Ages 7 – 8 (Born in 2008- 2009)**

1. 50 Meter Dash (54 yds. 24.5 in.)
2. 100 Meter Dash (109 yds. 13 in.)
3. 200 Meter Dash (218 yds. 26 in.)
4. 400 Meter Dash (437 yds. 16 in.)
5. Standing Long Jump
6. Softball Throw

**EXETER PARKS & RECREATION DEPARTMENT**

**32 Court Street, Exeter, NH 03833**

**Phone: 773-6151 Fax: 773-6152**

**Website: <http://exeternh.gov/recreation>**

**Business Hours: Monday – Friday, 8:15am - 4:15pm**