

# Harvard Park and Recreation

## 21<sup>st</sup> Annual Youth Track Clinic

For: Children in Grades 3 - 6 (grade for '23-'24 school year)

Location: McCurdy Track, 34 Lancaster County Rd, Harvard, MA

When:

Wednesday	May 8	4:30 – 6:00	
Wednesday	May 15	4:30 – 6:00	
Wednesday	May 22	4:30 – 6:30	Scrimmage in Concord
Wednesday	May 29	4:30 – 6:00	
Wednesday	June 5	4:30 – 6:00	
Sunday	June 9	Local Meet at Burlington HS	
		5:00 – 6:25	3 <sup>rd</sup> – 4 <sup>th</sup> graders
		6:30 – 8:00	5 <sup>th</sup> - 6 <sup>th</sup> graders

Cost: \$115

***Running, Jumping, Throwing, and a 4 x 100 relay  
Enjoy this lifetime activity and learn about this Olympic sport!!***

This informal and fun track and field clinic is designed to familiarize participants to the universal, Olympic sport of track and field. The emphasis is on participating, learning, improving, and doing the best one can. The clinic is organized by David Bell with assistance from current and former Bromfield Track and Field team members.

### **Track events include:**

- 100, 200, and 400 meters
- 50 meter dash for 3<sup>rd</sup> and 4<sup>th</sup> graders
- 800 meters for the 5<sup>th</sup> and 6<sup>th</sup> graders
- 4 x 100 meter relay race – come with a relay team or we'll make one for you!

### **Field events include:**

- Softball throw for distance
- Running long jump

The events are contested by grade - 3<sup>rd</sup> and 4<sup>th</sup> grades together, and 5<sup>th</sup> and 6<sup>th</sup> grades together - based on the current ('23-'24) school year.

Please register and pay online at [harvardma.myrec.com](http://harvardma.myrec.com). If you need to pay by check, please make checks payable to: Harvard Park and Recreation.

For more information please call David Bell at: 978-505-0675 or contact Anne McWaters, Rec Director at 978-456-4100 x601.