

2017 OPTIMISTS CLUB TWIN TOWN TRACK MEET

1. **Date: Thursday, May 18th at Dee & Owen Jensen Track at NDSCS** (Rain Out date is Tuesday, May 23rd).
2. **Registration deadline Thursday, May 11th at 5:00 PM.**
3. Starting time: 4:30 P.M.
4. All girls and boys in kindergarten through sixth grade from the Wahpeton School District, St. John's, Circle of Nations School, St Mary's and Breckenridge School District are eligible.
5. Only tennis shoes will be allowed on the track. NO SPIKES.
6. Girls & boys will compete separately.
7. Each student may compete in a maximum of three field and three running events.
8. The meet is sponsored by the Wahpeton Optimists Club.
9. For more information contact the Wahpeton Parks & Recreation Department at 642-2811.
10. **Entry fee: \$5.00 per participant.**

ORDER OF EVENTS

RUNNING EVENTS WILL START AT 4:45

1600 Meter Run	3 rd - 6 th Girls & Boys
100 Meter Dash	K - 6 th Girls & Boys
400 Meter Dash	K - 6 th Girls & Boys
50 Meter Dash	K - 4 th Girls & Boys
800 Meter Run	3 rd - 6 th Girls & Boys
200 Meter Dash	K - 6 th Girls & Boys
400 Meter Relay	K - 6 th Girls & Boys

FIELD EVENT - 4:30-6:00

Softball Throw	K - 6 th Boys & Girls
Standing Long Jump --	K - 6 th Boys & Girls
Running Long Jump --	3 rd - 6 th Boys & Girls
Shot Put --	3 rd - 6 th Girls & Boys
Discus --	3 rd - 6 th Girls & Boys
Javelin	3 rd - 6 th Girls & Boys
High Jump	3 rd - 6 th Boys & Girls

Entry fee: \$5.00 per participant

NAME _____ MALE FEMALE
(Please Print First & Last Name)

SCHOOL _____ GRADE _____

ADDRESS _____ CITY _____

You may **enter 3 field (2 field for K-2nd) and 3 running events.** Relays count as a running event. Place a check mark by the events you are going to enter.

- | | |
|---|--|
| <input type="checkbox"/> 50 Meter Dash (For Time, K-4th only) | <input type="checkbox"/> Softball Throw (For Distance K-6) |
| <input type="checkbox"/> 100 Meter Dash (For Time K-6) | <input type="checkbox"/> Standing Long Jump (For Distance K-6) |
| <input type="checkbox"/> 200 Meter Dash (For Time K-6) | <input type="checkbox"/> Running Long Jump (For Distance 3-6 grade only) |
| <input type="checkbox"/> 400 Meter Dash (For Time K-6) | <input type="checkbox"/> Shot Put (For Distance 3-6 grade only) |
| <input type="checkbox"/> 400 Meter Relay (4 people/team K-6) | <input type="checkbox"/> Discus (For Distance 3-6 grade only) |
| <input type="checkbox"/> 800 Meter Run (For Time 3-6 grade only) | <input type="checkbox"/> Javelin (For Distance 3-6 grade only) (a safe all plastic indoor javelin) |
| <input type="checkbox"/> 1600 Meter Run (For Time 3-6 grade only) | <input type="checkbox"/> High Jump (For Height 3 rd -6 th grade only) |

1. _____ 2. _____

3. _____ 4. _____

(Names of four relay members)

Drop off or mail your form to Wahpeton Parks & Rec, 304 So. 5th St., Wahpeton.

Parents: **WE NEED YOUR HELP!!** Are you available to help with the track meet? If yes, please provide your name and phone number.
