

EWG Summer Youth Track 2023

Tuesday, July 18, 25, August 1, 8

Events:

4	50 meter dash, Long Jump, Ball Toss
5-6	100, 200, Turbo Jav, Long Jump
7-8	100, 200, 400, 800, Turbo Jav, Long Jump
9-10	100, 200, 400, 800, Turbo Jav, Long Jump
11-12	100, 200, 400, 800, Turbo Jav, Long Jump
13-14	100, 200, 400, 800, Turbo Jav, Long Jump

Time Schedule:

5:45	400 Meter Warm up – all ages, including adults, walk, jog, run				
	<u>4</u>	<u>5-6</u>	<u>7-8</u>	<u>9-10</u>	<u>11-12</u> <u>& 13-14</u>
6:00	50	Long Jump	100	100	Turbo Jav
6:20	Long Jump	100	Long Jump	Turbo Jav	100
6:40	Ball Toss	Turbo Jav	200	200	Long Jump
7:00		200	Turbo Jav	Long Jump	200
7:20			400	400	400
7:35	Big & Little Relay 4x100 for all age groups – 2 Adults and 2 Children				
7:45			800	800	800

All participants can pick up their ribbon at the tent on the infield.
Bring your own water bottle each week.

THANK YOU TO OUR SPONSORS:

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MF Athletic, Stop & Shop of NK,
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