



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHO: Boys & Girls • 1st through 6th Grades

COST: Individual Sign Up \$25(member) /\$50(non-member) (includes t-shirt)

WHEN: Practice on Saturdays April 7th, 14th, & 21st

Practice 10-11am

WHERE: Practice Held at Mid Prairie High School Track

EVENT: SATURDAY, APRIL 28TH TRACK MEET –9AM AT WASHINGTON HIGH SCHOOL TRACK (CASE FIELD) (S. 9TH ST WASHINGTON IA)

WHO: WASHINGTON, MID-PRAIRIE, HIGHLAND TRACK TEAMS

CONTACT: [P] 319 400-0467 [e] tmcfarland@washingtoney.org

Please make checks payable to: YMCA of Washington County IA.

DEADLINE APRIL 6th

Name _____ Male/Female (Circle One)

Phone _____ Email _____

Address _____

Grade _____ DOB _____ Shirt Size _____

Waiver of Liability: I understand that even when reasonable precaution is taken, accidents sometimes happen. Therefore in exchange for the YMCA of WASHINGTON COUNTY allowing my child to participate in Youth Coed Track. I understand and expressly acknowledge that I release the YMCA of WASHINGTON COUNTY from all liability for injury loss and damage connected in any way whatsoever to my child. I understand this release includes claims of negligence, action or inaction of staff, directors, guest or volunteers.

Parent or Guardian Signature

Date

The YMCA may cancel programs in the event of weather. All cancellations are submitted to KCII. In the event a program is cancelled, the program may or may not be rescheduled or credited. This is determined by the program director.

www.washingtoney.org



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GRAB YOUR SHOES AND RUN!

Wellman/Kalona Youth Coed Track
HELD AT MID PRAIRIE HIGH SCHOOL TRACK

"Youth track and field is designed to teach participants the basics of proper form for sprints, middle distance, relays, long jump, and hurdles as well as the rules and strategies of track and field."

REGISTRATION DEADLINE: April 6th

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Individual Sign Up \$25 members / \$50 nonmembers
(includes t- shirt)

When: Practice Saturdays on April 7th , 14th & 21st

Time: Practice 10am

Location: Mid Prairie High School Track

Contact: [P] 319 400-0467

[E] tmcfarland@washingtoney.org

SATURDAY, APRIL 28TH TRACK MEET 9AM

@WASHINGTON HIGH SCHOOL TRACK

WASHINGTON, HIGHLAND, MID-PRAIRIE TRACK TEAMS

WWW.WASHINGTONY.ORG

REGISTRATION FORM ON BACK!!!