

MONTCLAIR RECREATION

TRACK & FIELD

Boys and Girls grades 4-8

Registration opens Feb 1, 2024 until program is full

Learn the basic skills of track and field to help build strength and endurance on a recreational level of competition. Teams will participate against neighboring townships throughout Essex County from the Suburban Recreational League. Track events include: 50m, 100m, 200m, 400m, 4x 400 relay 1600m and turbo Javelin.

No Experience is necessary. First time participants are welcomed.

Local travel to away meets.

Program will meet for practices and home track meets on **Tuesdays/Thursdays**, at Woodman Field track, located at the Aubrey Lewis sports complex. Essex Ave., Montclair, NJ.

When: beginning **April 16th-June 8th** (subject to change due to weather).

League championship meet is held Saturday **June 7th**. (Subject to change)

Where: Home meets/practices are at Woodman field. Away meets are held at surrounding townships throughout Essex County

Time: practice/meets 6:00pm-7:30pm (subject to change)

Attire: Participants are to wear sneakers or cross fit shoes. Track shoes are NOT permitted. Track shirts will be provided.

Fee: \$85.00

Click link to register online: <https://register.communitypass.net/montclair>

Volunteer coaches are needed, No experience necessary. We will train.

For more information call us at 973-509-4915 during business hours 8:30am-4:30pm Monday-Friday

