

45th Annual Series -- For walkers and runners of every age
2024 INDOOR TRACK MEET



Sunday, February 18

Thomas Jefferson Community Center, 3501 2nd Street South, Arlington VA 22204

EVENTS and approximate start times:

- 1:00 PM** **Doors open at 1:00 PM. Please do not enter earlier**
- 1:10 PM 800m and 1500m Race Walk** One heat, followed by race walk clinic for all ages
- 1:25 PM 55m Run** Heats by age and gender * *All heats are staged by age and expected pace.
- 2:05 PM 1-Mile Run** **3 heats** >6:30, <6:30, <5:30 (approximately) *
- 2:35 PM 400m Run** Heats by age and gender *
- 3:05 PM 200m Run** Heats by age and gender *
- 3:35 PM 800m Run** Heats by age and gender *
- 4:00 PM** **Doors close, everybody out, followed by clean-up**

• 1:25 PM Race walk clinic

- **Conducted by POTOMAC VALLEY TRACK CLUB** See www.pvtc.org/indoor.php
in co-operation with Arlington Department of Parks, Recreation, and Community Resources
- **Track:** Soft urethane four-lane 200-meter indoor track • 8+ laps to the mile, 22.5-meter turn radius
- **Please, no spikes** -- Not metal, not plastic, not ceramic, no hard plastic soles, no starting blocks
- **Please, no food** in the gym
- **We time the events using a printing stopwatch** -- We post the printouts so you can look up your time
- **Directions:** From DC or Beltway (I-495), take Arlington Blvd (Route 50) to Glebe Rd (Route 120)
Take Glebe Road one block south to 2nd Street. Turn left (east). TJ is on your left. Parking is free
From I-395, take Glebe Road (Route 120) north 3 miles to South 2nd Street, then turn right
- **Track meet questions?** Call 703-505-3567 • **PVTC questions?** Call 703-481-3530
- **Financial aid** is available. Please contact us at PVTCSECRETARY@GMAIL.COM



Please enter on-line at www.pvtc.org/indoor.php or by mail using this form:

Mail this form and your check to PVTC, 611 South Ivy Street, Arlington VA 22204

Name _____ Phone _____ - _____ - _____ Age ____ M/F ____
Address _____ City, State, ZIP _____
E-mail _____ Birthdate ____ / ____ / _____

Expect me: FEBRUARY 18
 \$10 Non-members
 \$ 5 Students up to 12th grade and PVTC members • **RIBBONS** for every youth finisher
Group discounts are available on request. Just ask! Call 703-505-3567
 To help keep these meets low cost for kids, here is a donation of \$ ____ . Total enclosed: \$ ____
 I will help as a volunteer. Please call me. **We need 6 timers at 1:10 PM at the 55-meter finish line.**
To volunteer, see www.pvtc.org/timers.html or e-mail PVTCSECRETARY@GMAIL.COM

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and accepted by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Arlington County VA, their elected and appointed officials and employees, Potomac Valley Track Club, RRCA, USATF, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of Arlington County VA. I agree to release my name and photo for publicity purposes. I understand that my name and address will be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) _____ Date _____

