

2019 OPTIMISTS CLUB TWIN TOWN TRACK MEET

1. **Date: Tuesday, May 14th at Dee & Owen Jensen Track at NDSCS** (Rain Out date is Thursday, May 16th).
2. **Registration deadline Tuesday, May 7th at 5:00 PM.**
3. **Entry fee: \$5.00**
4. Starting time: 4:30 P.M.
5. 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.
6. Only tennis shoes will be allowed on the track. NO SPIKES.

RUNNING EVENTS WILL START AT 4:45

FIELD EVENT – 4:30-6:00

Order of Events

1600 Meter Run	3 rd - 6 th Girls & Boys	Softball Throw	K - 6 th Boys & Girls
100 Meter Dash	K - 6 th Girls & Boys	Standing Long Jump --	K - 6 th Boys & Girls
400 Meter Dash	K - 6 th Girls & Boys	Running Long Jump --	3 rd - 6 th Boys & Girls
50 Meter Dash	K - 4 th Girls & Boys	Shot Put --	3 rd - 6 th Girls & Boys
800 Meter Run	3 rd - 6 th Girls & Boys	Discus --	3 rd - 6 th Girls & Boys
200 Meter Dash	K - 6 th Girls & Boys	Javelin	3 rd - 6 th Girls & Boys
400 Meter Relay	K - 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 _____ TEACHER _____

PARTICIPANTS MAILING ADDRESS _____ CITY _____

PARENT PHONE NUMBER _____

Events offered for K – 2nd Grade (You may enter 2 field and 3 running events). Relays count as a running event.

_____ 50 Meter Dash	_____ Softball Throw
_____ 100 Meter Dash	_____ Standing Long Jump
_____ 200 Meter Dash	
_____ 400 Meter Dash	
_____ 400 Meter Relay	

RELAY MEMBERS

**Events offered for 3rd – 6th grade (Please note the 50 Meter Dash is not open to 5th and 6th graders)
You may enter 3 field and 3 running events. Relays count as a running event.**

_____ 50 Meter Dash (K-4th only)	_____ Softball Throw	_____
_____ 100 Meter Dash	_____ Standing Long Jump	_____
_____ 200 Meter Dash	_____ Running Long Jump	_____
_____ 400 Meter Dash	_____ Shot Put	
_____ 400 Meter Relay (4 people/team)	_____ Discus	
_____ 800 Meter Run	_____ Javelin (a safe all plastic indoor javelin)	
_____ 1600 Meter Run	_____ High Jump	

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.