

# Track and Field Events

For Adults 50+

Saturday March 25, 2017

9am to 12noon

Academy High School

6400 Wyoming Blvd. NE 87109

## REGISTRATION FORM



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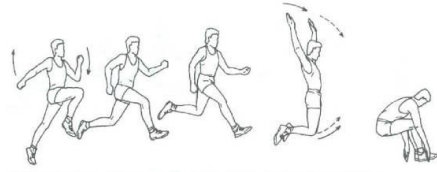


Figure 4.9 The hang style.

Want to try something new? Have you considered Track and Field Events? This clinic is geared to introducing 50+ athletes to the numerous ancient sports of Discus, High Jump, Javelin, Long Jump and Shot Put. These sports are in the NM Senior Olympics and the National Senior Games. Wouldn't it be great to be a medal winner as a Senior Olympian?

Instructors from Academy High School Athletic Director Taryn Bachis with assists from their students will be on hand to demonstrate and give guidance as to each of the track and field events listed. All equipment will be provided.

### START:

9am on javelin at the middle field (the old discus/shotput field).

Move to upper main track field for other events-

9:30am discus

10am shotput

10:30am long jump

11am high jump



Cost is \$20. Space is limited to the first 15 participants in each sport age 50+ and who are new to the sport. Registrations will be accepted the day of the clinic if space is available.

Sponsored by the NM Senior Sports Foundation, a non-profit 501 © (3) NM Corporation. For more information PHONE (505) 299-7768, FAX (505) 271-4933 or E-MAIL: [info@senior-sports.org](mailto:info@senior-sports.org).

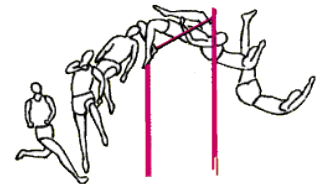
(Detach and mail to NM Senior Sports Foundations, PO BOX 14579, Albuquerque, NM 87191)

**YES,** I would like to participate in the track and field clinics on March 25, 2017. Enclosed is my check in the amount of \$20.00 payable to the NM Senior Sports Foundation or NMSSF. (\*\*\$20 for one or all five events)

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_ AGE \_\_\_\_\_  
EMAIL \_\_\_\_\_

javelin  discus  shotput  long jump  high jump

\*\*Please check mark the events you are interested in.



In case of emergency, contact:

NAME \_\_\_\_\_ PHONE \_\_\_\_\_



This event sponsored by the NM Senior Sports Foundation with the cooperation of Academy High School.

**Academy High School**