

POTOMAC VALLEY TRACK CLUB PRESENTS THE 38<sup>th</sup> ANNUAL  
**POTOMAC VALLEY GAMES**



OPEN TRACK & FIELD MEET FOR ATHLETES OF ALL AGES  
 Edison High School for Saturday, T.C. Williams High School for Sunday  
**Saturday-Sunday, August 31 & September 1, 2013**  
 2013 Potomac Valley Track Club Championship - All Ages  
 USATF Potomac Valley Association Open and Masters T&F Championship  
 Mark Richards Pentathlon (Sat.) • Throws Pentathlon (Sun.)

<p><b>Saturday, August 31</b>  <i>(athletes 14 &amp; under)</i>                  at Edison High School track  <b>7:30 AM</b> Registration opens</p> <p><b>YOUTH TRACK EVENTS:</b>                  9:00 AM 3000 meter run                  9:25 AM 80m hurdles                  9:35 AM 100m hurdles <small>(youth 13-14)</small>                  10:45 AM 1500 meter racewalk                  11:20 AM 100 meter dash                  11:50 AM 1-mile run                  12:35 PM 400 meter dash                  1:25 PM 200 meter dash                  1:55 PM 800 meter run                  2:15 PM 4x100 meter relay</p> <p><b>YOUTH FIELD EVENTS:</b>                  9:00 AM Shot Put                  11:00 AM High Jump                  12:00 PM Long Jump                  1:00 PM Turbo-Javelin</p> <p>USATF rules apply in all events                  Pentathlon may delay Saturday events</p>	<p><b>Saturday, August 31</b>  <i>(athletes 15 &amp; over)</i>                  at Edison High School track  <b>7:30 AM</b> Registration opens</p> <p><b>ADULT FIELD EVENTS:</b>                  9:20 AM Women's Pentathlon begins                  9:30 AM Men's Pentathlon begins                  10:00 AM Pole Vault 1 (start &lt;10 ft)                  10:00 AM Discus – Women                  11:00 AM Discus – Men 60+                  11:00 AM Shot Put 1 – Men 15-59                  12:00 PM Pole Vault 2 (start 10 ft)                  12:30 PM Discus – M.R. Pentathlon                  1:00 PM Shot Put 2  <small>(women; youth 15-18; men 60+)</small>                  1:45 PM Discus – Men 45-59                  2:45 PM Discus – Men under 45</p> <p><b>ADULT TRACK EVENTS:</b>                  8:30 AM 5-kilometer run (30-minute cut-off)                  9:20 AM 80m hurdles (W40+ M70+)                  9:30 AM 100m hurdles <small>(women's pentathlon)</small>                  9:35 AM 100m hurdles <small>(women 15-39 men 50-69)</small>                  9:50 AM 110m hurdles (men 15-49)                  10:00 AM 5-kilometer racewalk                  1:00 PM 300/400m hurdles</p>	<p><b>Sunday, September 1</b>  <i>(athletes 15 &amp; over)</i>                  at TC Williams High School  <b>7:30 AM</b> Registration opens</p> <p><b>ADULT FIELD EVENTS:</b>                  9:00 AM Throws Pentathlon  <small>(begins with Hammer, followed by Shot Put, Discus, Javelin, and Weight Throw)</small>                  9:00 AM Long Jump 1 (men 40-59)                  9:00 AM Javelin 1 (men 19-59)                  9:00 AM High Jump 1 (start &lt;5 ft)                  10:00 AM Hammer Throw                  10:30 AM Long Jump 2  <small>(all women; youth 15-18; men 19-39; men 60+)</small>                  11:00 AM Javelin 2  <small>(all women; youth 15-18; men 60+)</small>                  12:00 PM High Jump 2 (start 5 ft)                  12:00 PM Triple Jump                  2:00 PM Open Weight Throw                  followed by Super Weight Throw</p>	<p><b>Sunday, September 1</b>  <i>(athletes 15 &amp; over)</i>                  at TC Williams High School  <b>7:30 AM</b> Registration opens</p> <p><b>ADULT TRACK EVENTS:</b>                  9:00 AM 3000 meter run                  9:30 AM 1-mile racewalk                  10:00 AM 100 meter dash                  10:35 AM 1-mile run                  11:15 AM 400 meter run                  11:40 AM 3000 meter racewalk                  12:25 PM 200 meter dash                  1:00 PM 800 meter run                  1:30 PM 2000m Steeplechase  <small>(all women; men 60+)</small>                  1:50 PM 3000m Steeplechase  <small>(men 15-59)</small>                  2:10 PM 4x100 meter relay                  2:30 PM 4x400 meter relay</p> <p style="text-align: center;">All events on both days are finals</p>
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**ENTRY FORM**

Make checks payable to **PVTC** – mail to PVTC, c/o Jay Jacob Wind, 611 South Ivy Street, Arlington VA 22204  
 (We must receive your mailed-in entry by Wednesday, August 28, at 5:00 PM, please.)

Name *(please print)* \_\_\_\_\_ Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_  
 Address \_\_\_\_\_ City/State \_\_\_\_\_  
 Gender (M/F) \_\_\_ Date of Birth (MM/DD/YYYY) \_\_\_ / \_\_\_ / \_\_\_ ZIP \_\_\_\_\_ - \_\_\_\_\_  
 E-mail (for confirmation only) \_\_\_\_\_  
 Add me to PVTC's group **PVTC@yahoogroups.com** USATF ID number \_\_\_\_\_

In consideration of the acceptance of this entry, I hereby, for myself, my heirs, executors, administrators and assigns, release and discharge the promoters, directors, Potomac Valley Track Club, USATF, Alexandria City Public Schools, Fairfax County Public Schools, and organizations and municipalities whose facilities are being used for this event, from any and all claims for damages suffered by me as a result of my participation in the above events. I specifically release and discharge said promoters, directors and their agents, etc., from all injuries or damages arising from or attributed to any physical impairment or defect I may have, whether latent or patent, and agree that they are under no obligation to provide a physical examination or other evidence of my fitness to participate in above event, the same being my sole responsibility. I attest and verify that I am physically fit and have sufficiently trained for Potomac Valley Games.

**Your Signature:** \_\_\_\_\_ Date: \_\_\_\_\_ Please enter your best times or marks.  
*(Parent's signature if athlete is under 18 years of age)*

<b>ATHLETES 14 &amp; UNDER</b> Age as of December 31, 2013 ___ Team Name _____ Coach _____	<b>ADULTS</b> Age as of August 31, 2013 ___ Throws Pentathlon \$25 = \$ ___ Mark Richards Pentathlon \$25 = \$ ___
Event 1 _____ Best since August 2012 ___:___ @ \$8 = \$ ___	Event 1 _____ Best since August 2012 ___:___ \$9 = \$ ___
Event 2 _____ Best since August 2012 ___:___ @ \$6 = \$ ___	Event 2 _____ Best since August 2012 ___:___ \$7 = \$ ___
Event 3 _____ Best since August 2012 ___:___ @ \$6 = \$ ___	Event 3 _____ Best since August 2012 ___:___ \$7 = \$ ___
Event 4 _____ Best since August 2012 ___:___ @ \$5 = \$ ___	Event 4 _____ Best since August 2012 ___:___ \$6 = \$ ___
Event 5 _____ Best since August 2012 ___:___ @ \$5 = \$ ___	Event 5 _____ Best since August 2012 ___:___ \$6 = \$ ___
Event 6 _____ Best since August 2012 ___:___ @ \$5 = \$ ___	Event 6 _____ Best since August 2012 ___:___ \$6 = \$ ___
Relays (register on day of race, no late fee) @ \$20 = \$ ___	Relays (register on day of race, no late fee) . . \$24 = \$ ___
Late Fee –after Wednesday 8/28, 5:00 PM ... + \$10 = \$ ___ TOTAL ENCLOSED (payable to PVTC) . . . . . = \$ ___	

**PVTC members may take a \$1.00 discount per event.**

## ENTRY FEES:

### By mail:

- **Adults 19 & over:**  
On-line: \$5.50 per event
- **Athletes 18 & under:**  
On-line: \$4.50 per event
- **Throws Pentathlon:** \$25 (\$21.50 on-line) all events on Sunday  
Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
- **Mark Richards Pentathlon:** \$25 (\$21.50 on-line) for five events  
Events: Men: LJ/JT/200/DT/1500 Women: 100HH/HJ/SP/LJ/800  
\$1 per event discount for PVTC members

## Pre-Registration Strongly Recommended SPECIAL AWARD (limit one per athlete)

- If you finish in the top 3 in any event,  
you can get a PV Games paperweight in place of your ribbon

## OPEN AWARDS:

- **Potomac Valley Track Club ribbons** to first three athletes in the following age groups: 15-18, 19-24, and each 5-year age group thereafter.
- **For USATF members of the Potomac Valley Association:**  
USATF Association championship medals to the top 3 in 5 year age groups

## YOUTH AWARDS are based on age as of December 31, 2013

- For youth events on Saturday, the 14 & under age group is divided into 8 & under, 9-10, 11-12, 13-14
- 8 & under--born 2005 or later
- 9-10--born in 2003 or 2004
- 11-12--born in 2001 or 2002
- 13-14--born in 1999 or 2000

## EVENT INFORMATION:

- **Order of events:** Unless stated otherwise, women first, then men, by age group from youngest to oldest.  
Age groups may be combined.
- Registration closes one hour before time listed for the event.
- **Long Jump, Triple Jump, and throwing events:**  
Six jumps/throws per athlete. All athletes should supply their own implements. Some implements are available at the track. Implements will be inspected at check-in.
- USATF Rules apply, e.g., all field events are measured in meters.
- **Athletes 14 and under** are limited to participating in the Saturday youth events.
- **Athletes must be 15 or older** to compete in Sunday events.
- **Athletes 15-18** throw age-appropriate weight implements.

## ON-LINE DISCOUNT:

- Register on-line at [www.pvtc.org](http://www.pvtc.org) and save \$\$ on each event
- PVTC members save \$1 per event

Scan this QR code to register by smart phone



## LATE FEES: \$10 per person after Wednesday, 8/28

- Please enter on-line or on paper by Wednesday, August 28, 5 PM
- Registrations after Wednesday, August 28, 5 PM, incur a \$10 late fee per person.
- Entries for each event close one hour before the event time listed.  
*NO EXCEPTIONS.*

## DIRECTIONS TO EDISON H.S. (SATURDAY)

- Edison High School, 5801 Franconia Road, Alexandria, VA 22310
- From I-495, take exit 174 to Van Dorn Street south.
- Cross Franconia Road, then turn left into the school yard
- Track is on your right with ample parking on the left past the track

## DIRECTIONS TO TC WILLIAMS H.S. (SUNDAY)

- T.C. Williams High School, 3330 King Street, Alexandria VA 22302
- From I-495, take 395 North to Exit 5 King St (VA-7) East
- Go just over a mile and the school is on your right, with a parking garage on the right side of the school

## TRACK & TIMING

- All-weather six-lane 400-meter track
- Short spikes (1/4" or less) only
- Javelin thrown off grass
- We use FINISH LYNX fully automatic timing system.
- We use wind gauges for applicable events.

## SANCTIONED by USA Track and Field (USATF)

- Open to competitors of all ages. USATF Rules apply.

## RESULTS:

- Results will be posted ASAP on our web site [www.pvtc.org/results](http://www.pvtc.org/results)

## MARK RICHARDS PENTATHLON

Saturday, August 31 at Edison HS

**Men:** Long Jump / Javelin / 200m / Discus / 1500m

**Women:** 100HH / High Jump / Shot Put / Long Jump / 800m

## THROWS PENTATHLON

Sunday, September 1 at TC Williams HS

- All competitors get three throws. Events:  
Hammer, followed by Shot Put, Discus, Javelin, Weight Throw

## FOR MORE INFO and to REGISTER ON-LINE

- Enter on-line via [www.pvtc.org](http://www.pvtc.org) - save \$\$ on each event
- E-mail: [cchasse.acds@juno.com](mailto:cchasse.acds@juno.com)
- Hotline: 703-481-3530
- Live tech support: 703-927-4833