

Amherst County Recreation Department

will hold an

Elementary School Track & Field Clinic

- Date:** Saturday, June 10, 2023
- Age:** 1st - 5th Grades (prior school year)
- Time:** 9:00 AM — 11:00 AM
- Location:** Amherst County High School Track
- Fee:** \$5.00 per participant
- Reregistration:** Participants must register at the Amherst County Recreation Office no later than June 2, 2023.
129 Francis Ave, Monroe, VA 24574
Call 434-946-9371 if you have questions.



Participants will learn the basics of the following events:

Long Jump
Triple Jump
50 meter low hurdles
Shot Put
Discus
4 X 100 Relay

- Participants must wear running shorts, t-shirts and running shoes — no open toe shoes or bare feet will be allowed.

