

Delaware Track and Field

Youth Camp 2024

[REGISTRATION LINK](#)

- **Day 1 - Grades 1st - 4th**
 - **Date:** Tuesday June 11
 - **Camp cost:** \$30
 - **Camp hours:** 9am-noon

- **Day 2 - Grades 5th - 8th**
 - **Date:** Wednesday June 12
 - **Camp cost:** \$30
 - **Camp hours:** 9am-noon

**Grades determined above are the grade in school the athlete will be entering during the 2024-2025 school year.*

Campers to both day camps receive: <ul style="list-style-type: none">● T-Shirt● Water● 1-on-1 instruction and small groups● Track and Field Meet experience	Campers Need: <ul style="list-style-type: none">● Water● Running Shoes● Snack● Sunscreen or any needed medications for safety
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GO PACERS!!!

Delaware Track and Field Youth Camp Schedule

1. Registration - 9:00 - 9:30

- a. Parent Sign-in, t-shirt, camp picture
- b. Warm up and Skill Development

2. Schools - 9:30 - 11:00

- a. Sprints School - Dashr times, wickets, speed
- b. Jumps School - Long Jump, High Jump
- c. Throws School - Turbo Jav, Shot Put, Discus

*Athletes will sign up for their events during the school time and we will make heat/flight sheets

*Athletes can sign up for as many events as they would like and feel they can safely participate in

3. Track Meet - 11:00 - noon

- a. 50m Wicket Dash
- b. 100m Dash
- c. 200m Dash
- d. Long Jump
- e. Throwing Event
- f. 400m Dash added for Day 2

*Delaware Hayes athletes will be coaching athletes in their races, and coaches will announce and time

GO PACERS!!!