

♣ Kids Track Clinic & Open Track Meet

Amsterdam High School Track
Grades 2nd - 8th

Kids Track Clinic

Monday 8/24

6PM 7:30PM

Track & Field Skills:

Running Form & Sprint Starts

Long Jump & Shot Put

Endurance Training & Speed Training



Open Track Meet

Tuesday 8/25

6PM

Events: Ribbons to ALL participants!

55 M dash

100 M dash

400 M dash

Long Jump

Shot Put



Premier Event for ADULTS & KIDS

1 MILE RACE – Sponsored by Amsterdam Carburetor & Electric

Entry Fee - \$5.00 (Amsterdam XC Fundraiser)

Medals Awarded: Top 10 Male & Female Competitors

SIGN UP @ AHS TRACK

MONDAY 8/24 & TUESDAY 8/25 * 5:00-5:45PM