



VIKING TRACK & FIELD CLUB

Hey Vikings! Come run, jump, and throw with us! Learn the basics of track and field, have fun, and meet the members of the Viking Track and Field Team. Viking Track and Field Club is open to grades K-6. Sessions led by Ki Gohdes and the High School Track and Field Coaches and Athletes.

Dates and Times:

Practices: April 16, April 23, April 30, May 7 from 3:15-4:30 pm

Students will meet Ki Gohdes in the elementary cafeteria after school.

All practices will be at Chauncey Martin Field on the track.

Students should be picked up at Chauncey Martin Field.

Meets: May 1 and May 9 at Chauncey Martin Field

These meets are in conjunction with our high school meets and give elementary students a chance to compete, watch, and cheer!

Students will meet Ki Gohdes in the elementary cafeteria after school.

Elementary events will begin at 3:30 pm

Students should be picked up at Chauncey Martin Field at the conclusion of the 200m dash (around 5:00 pm)

SCAN TO REGISTER



You can register by completing this form and returning it to the Elementary Front Office or you can use the QR code above to register online.

Questions? Please contact Laura Januszewski at ljanuszewski@pelicanrapids.k12.mn.us

Please make checks payable to Pelican Rapids Track & Field

Cost: \$20 (Includes t-shirt)

Participant's Name: _____

Parent's Name: _____ Date: _____

Parent's Signature: _____ Date: _____

Phone: _____

Shirt Size: YS YM YL AS AM AL AXL