

Welcome to

Bellmore / N. Bellmore / Merrick PAL

Cross/Country Indoor Track from August thru March

Practices: Tuesday, Thursday, Saturday

Meets: Sunday

Name: _____

D.O.B. _____

Address: _____

Email Address: _____

Registration Fee: Check payable to Bellmore PAL

Cross Country only \$50

Indoor Track only \$60

Cross Country & Indoor Track \$75

Please go www.bellmorepal.org and download the other required forms and return them to Sheryl Hall - c/o P.O. Box 9003, Island Park, NY 11558 if you are interested in joining our program. Or you can bring them to the first practice. If you have any questions, please do not hesitate to contact us at bellpaltrack@aol.com

USATF dues: \$20.00 Cost per event at LITF meets: \$8

(separate check payable to USATF-LI; membership is required)

If you participated in Summer Track, you are already a USATF member