

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: \_\_\_\_\_

PAL Registration Fee: checks payable to "Bellmore PAL"

Cross Country only \$50  Cross Country & Indoor track \$80

Indoor track only \$60

Please go [www.bellmorepal.org](http://www.bellmorepal.org) and download the other required forms and return them to Sheryl Hall - c/o P.O.Box 664, Plainview, NY 11803 if you are interested in joining our program. **There is "NO FIRST PRACTICE REGISTRATION"!** If you have any questions, please do not hesitate to contact us at [bellpaltrack@aol.com](mailto:bellpaltrack@aol.com)

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

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

A copy of the athlete's birth certificate is required for age verification

USATF-LI is the governing body for Track & Field on Long Island