

## 2022 – 2023 INDOOR TRACK

*Eligible athletes – 9 years thru 13 years – born 2009-2013*



Our first practice will be Thursday, December 1st at 5:00 pm at Bellmore UMC Fellowship Hall.

Practices would be Tuesdays and Thursdays at 5:00 pm and Sunday afternoons at 1:00 pm

Sunday afternoon practices will be held at the First Presbyterian Church gym at 474 Wantagh Avenue. The season runs through to March 19th 2023

Registration will be online at [www.bellmoremerricktrack.website.sportssignup.com](http://www.bellmoremerricktrack.website.sportssignup.com)

- \* The fee is \$70 payable online at time of registration.
- **There is also a \$35-\$40 monthly charge per athlete(4 months) for the use of Fellowship Hall and the First Presbyterian Church gym.  
Fee for families with 2 or more athletes is \$55-\$60 per month  
The facility use fee depends upon the number of athletes registered.**

*\*\* The total amount is due in one lump sum during the first week of practice. \$140 - \$160 for individual athlete/\$200-\$240 for family.  
Payable to Bellmore PAL*

- Membership in the USATF-LI is required and the fee is \$25 per year – [www.long-island.usatf.org](http://www.long-island.usatf.org) A copy of the athlete's birth certificate is needed for age verification at time of registration.  
Club Affiliation is 59-0108 (Bellmore-N.Bellmore PAL)

*\*\* If you did Summer and/or Cross Country you would already be a USATF member.*

Registration will be limited to 25 athletes – preference will be given to athletes who competed in XC.

Bellmore UMC Fellowship Hall 2638 Royle Street (across from Applebees parking lot) in Bellmore.

We look forward to seeing you.

Coaching Staff  
Bellmore-N.Bellmore/Merrick PAL Track

*Nassau County Police Activity League - Track  
Bellmore - N. Bellmore / Merrick*