

Bellmore-North Bellmore/ Merrick PAL Track - Summer Schedule 2023

June			
Monday	Wednesday	Thursday	Saturday
		8 Kennedy HS	10 Brookside
12 Kennedy HS		15 Kennedy HS	17 Brookside
19 Kennedy HS		22 Kennedy HS	24 Brookside
26 -----	28 USATF Meet	29 ----	

Mondays & Thursdays
6:00 PM
After June 23, Kennedy HS
could be changed
Saturdays –9:00 am

**June 18 – LI USATF Assoc
Youth Championships
Amityville High School**

July			
Monday	Wednesday	Thursday	Saturday
			1 Brookside
3	Tues. 07/04 Bellmore Mile	6	8 Brookside
10	12 USATF Meet	13	15 Brookside
17	19 USATF Meet	20	22 Brookside
24	26 USATF Meet	27	29 Brookside
31			

Locations for
Wednesday meets
to be determined!
Meets usually start
4:30 / 5:00

August			
Monday	Wednesday	Thursday	Saturday
1		3	5
8		10	12
15		17	19

September			
Tuesday	Thursday		Saturday
		7 Cross Country	

GRAND PRIX RACES

Jul-4 Bellmore 1 mile - 8:00 am
Aug-2 Duck's mile - 7:00 pm
Aug-11 Moonlight Mile – 7:00 pm

Sep-2 Farmingdale - 8:00 am
Oct-1 Massapequa Mile - 8:00 am

CROSS COUNTRY STARTS ON THURSDAY , SEPTEMBER 7TH 5:00