



BELLMORE/MERRICK PAL TRACK SUMMER SEASON 2025



*Summer track is for serious runners – athletes who love the sport, want to improve their running skills and understand that hard work is involved. We ask that only dedicated parents and athletes sign up as we expect **maximum attendance at practice and meets.***

The Bellmore/Merrick PAL Summer Track program is organized to train our athletes for the USATF Summer track outdoor events.

The team competes against other clubs across Nassau and Suffolk and the 5 boroughs in a developmental, competitive environment.

The meets are held on Long Island on Wednesday evenings starting at 5:00pm. There is an additional fee of approx \$10 per event at the meets.

Summer practice is Mondays & Thursdays at 6:00 pm and Saturdays at 9:00 at location to be determined. Practice starts Thursday, June 5th and ends August 17th. Saturdays are usually at Norman Levy Preserve in Merrick.

Registration number will be limited to 30.

Registration with PAL is required – summer track is \$75.

Our program is a USATF sanctioned program and membership in the local association is also required (Long Island Track & Field). Cost of membership is \$30 per year and has many benefits including additional insurance for the athlete.

USATF membership needs to be completed BEFORE Summer program registration ends.

USATF Membership website: www.long-island.usatf.org Club affiliation # is 59-0108

There is also the opportunity for athletes to move through the rounds of Association & Regional to National Championships as they improve their skills.

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