2026 – 2027 INDOOR TRACK

Eligible athletes – 9 years thru 13 years – born 2012 - 2018

Winter 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.***

Our first practice will be Tuesday, December 8th at 5:30 pm at Nassau County Police Dept. Training Center @ **1 Law Enforcement Way, Garden City**

Thursday practices will be at Bellmore UMC Gil Atkinson Hall @ **2638 Royle Street in Bellmore (across from Applebee's parking lot).**

Saturday's practices from 11-12, will be held at the Hicksville PAL Athletic Center **167 S. Broadway, Hicksville**

The season runs through to March 19th, 2027

Registration will be online at LeagueApps

- The fee is $75 payable online at time of registration.
- **There is also a $30-$35 monthly charge per athlete (for 4 months)** Payable to Bellmore PAL **for the use of Gill Atkinson Hall**

Fee for families with 2 or more athletes is $40-$60 per month

The facility use fee *depends upon the number of athletes registered*, and is non-refundable

** *The total amount is due in one lump sum during the first week of practice.* ***Approx*** *$120 for family with one athlete: $160 for family with more than 1 athlete.*

- Membership in the USATF-LI is required, and the fee is $33 per year – www.long-island.usatf.org Club Affiliation is 59-0108 (Bellmore-N.Bellmore PAL)

A copy of the athlete's birth certificate is needed for age verification at time of registration.

** 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.

We look forward to seeing you.

Coaching Staff
Bellmore-Merrick PAL Track

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