



PPF Track Squad 2017 Season

Perfectly Portioned Fitness Track Squad is a Master track and field club operating under the rules of USA Track & Field Association. We offer athletes 30 years and older a chance to compete against other athletes of the same age in track & field, distance running and race walking. We value hard work and dedication.

Perfectly Portioned Fitness invites interested adults, to consider registering and participating in the 2017 PPF Track Squad Track & Field season.

The first day of practice will be Monday, March 27th at 6pm.

Athletes must sign a medical waiver form before each practice.

Athletes are required to provide legal proof of age at track meets.

Our practice venue is Buffalo Athletic Park, Raleigh.

Practices/conditioning are Mondays, 6:30pm – 7pm.

Some Saturdays/ Sunday rain dates 10AM-11AM (Saturday dates TBA).

****Other Important Information – Please Note****

Fees

There will be a \$5.00 fee per practice.



OPTIONAL MEETS

There are meets throughout the season that we, as a club, do not participate in.

PPF Track Squad sanctioned meets are only those on our posted schedule and any additional that our coaching leadership may add.

Athletes who want to participate in optional meets are free to do so, but must register for them as unattached.

Participants cannot run in an optional meet as a PPF Track Squad athlete and therefore cannot wear PPF Track Squad gear.

ADDITIONAL FEES

Athletes who wish to participate in meets are responsible for the purchase of their own uniform. Contact Coach Roz for more information.

USATF membership number – new or renewed – visit <http://www.usatf.org/membership/Application/index.asp> to obtain your membership number. The cost is only \$30. Your membership comes with some great free stuff.

Athletes are responsible for traveling to and from meets.

Athletes are responsible for meet/event entry fees. The fees vary. They usually run between, \$5.00 - \$30.00.