

# P-M Raider Track 2024 Summer Camp

## Age Groups

Children Entering grades 3-8

## Time

8:00 am to 11:00 am

## Place

Patchogue-Medford HS Track

## Dates

August 5 - 9 (Mon-Fri)

## Skills

Jumps - Long, Triple  
Running - 50, 100, 200, 400 & Hurdles  
Throws - Shot and Discus  
Relays - 4 x 100 & 4 x 400

## Cost

\$125.00

## Instructors

P-M Track Staff  
Current Varsity Athletes

**Please detach and return bottom portion to:**



Pat-Med Track Club  
c/o Steven Cole  
PO Box 1318  
Medford, NY 11763  
[scole@pmschools.org](mailto:scole@pmschools.org)  
(631)834-8319



Make check payable to: **Pat-Med Track Club**

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Child's School: \_\_\_\_\_ Entering Grade: \_\_\_\_\_

Email: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

Shirt Size (Circle one): Youth Size or Adult Size

(Circle one): S M L XL XXL

Please let the coaches know of any medical concerns on the first day of camp.