



# 2016 HAWKS TRACK AND FIELD CLUB

**REGISTER ONLINE TODAY**



Go to [www.hermon.net](http://www.hermon.net) Click on Parks & Rec at the top of the page. Then select Hawks Track & Field on the left. Here you will find the informational flyer & online registration form. If you are not able to register online, please contact Hermon Rec at [mthayer30@gmail.com](mailto:mthayer30@gmail.com) or call 848-4075

**Registration Fee: \$35** Checks payable to Hermon Recreation

Once online registration has been completed mail payment to:

Hermon Recreation  
Attn: Track and Field  
PO Box 6300  
Hermon, Maine 04402

**Monday, April 4 – 6:00 to 7:00 p.m.**

**mandatory parent/student informational meeting**  
in the Hermon High School cafeteria.

The Hawks Track and Field Club is open to all Hermon, Carmel, and Levant 5<sup>th</sup> - 8<sup>th</sup> graders. The club is sponsored by Hermon Recreation and competes in the Eastern Maine Middle School Track League.

Practices will be held once or twice a week beginning April 7<sup>th</sup>. You will receive schedule details at the parent/student meeting as well as via email.

The track meets will be after school on Weds. 4/27, Mon. 5/2, Tues. 5/10 and Weds, 5/18

Eastern Maine Middle School Track meets include the following events:

|              |                 |              |
|--------------|-----------------|--------------|
| 55 m hurdles | 400 m dash      | discus throw |
| 50 m dash    | 800 m run       | shot-put     |
| 100 m dash   | 1600 m run      | long jump    |
| 200 m dash   | 4 x 100 m relay | high jump    |

**We need volunteers to help run the club.** If you would like to help or you have any questions please contact Dan Petersen at [petersend@hermon.net](mailto:petersend@hermon.net) or 296-2160.

