

Aspen View Academy
Landsharks Running Club
Spring Track Series

PRACTICES are scheduled on Mondays and Fridays [from 3:40-4:30 pm](#).

FIRST PRACTICE will be [Friday, April 3rd at 3:40 pm](#).

Meet at the stairs behind the school.

PARENT MEETING will be [Friday, April 3rd at 4:15 pm](#).

RACES will be held on Sunday afternoons [on April 19th, April 26th](#) and [May 3rd at 3:00 pm](#) at Ponderosa High School.

- Meet #1- All runners will run the 50m dash, followed by their choice of a 400m or 800m race.
- Meet #2- All runners will run the 100m dash, followed by their choice of a 400m or 800m race.
- Meet #3- Runners start with their choice of a mile or 400m race, followed by all runners doing the 200m dash.

At the races, runners receive a race tag with their number, ribbons, a series medal at the final race, and refreshments. Race results are posted on the Landsharks website.

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

\$60 registration fee [through April 4th](#) then a \$10/runner additional fee applies

Registration Reduction Applications available online (for those who financially qualify)
[from February 23rd - March 4th](#). No late applications will be accepted.