

# TRACK & FIELD Clinic

## Free to Seniors 50+

sponsored by

New Mexico Senior Olympics, Inc., and the NM Track Club

*Want to get a head start on training for Summer Games or Nationals? Here's your chance to get some tips and pointers from our clinician sponsor – the NM Track Club. Mini competitions may be held at the end of the day based on interest and registration numbers.*



Sprints



Mid-distance running



Estimated Run/Walk



Discus



Javelin



Shot Put



Long Jump

**Date: Saturday, March 11, 2023**

**Time: 9:00 am to 1:00 pm**

**Location: Sandia Prep High School  
532 Osuna Rd, NE, Albuquerque**

**FOR MORE PROGRAM DETAILS, CONTACT TERRY, 575-910-2284**

### CLINIC FEATURES

- Great clinicians for each sport
- Registration is recommended but drop-ins are welcome
- Deadline to register is February 24
- Limited space available
- Spectators are welcome



### HOW TO REGISTER

- Call toll free 1-888-623-6676
- Print and complete registration form from our website at [www.nmseniorolympics.org](http://www.nmseniorolympics.org)
- Send an Email with a list of the events you plan to participate in, to [nmso@nmseniorolympics.org](mailto:nmso@nmseniorolympics.org)
- Fax form to 575-622-9244