



The Rockaway Township TRACK & FIELD program (“RT Racers”) runs from the middle of March to the beginning of June.

There are 2 Levels:

<p>VARSITY (born 2005 through 2011, but not in high school) <i>Events: 100, 200, 400, 800, mile, 4x100, long jump, shot put</i></p>	<p>3 practices per week for 90 minutes (Mon, Wed, Fri), meets mostly on Sundays, with 1 or 2 Saturday meets</p>
<p>CLINIC (2012-2014 - MUST BE IN KINDERGARTEN) <i>Events: 50, 200, 800, 4x100, long jump</i></p>	<p>2 practices per week for 60 minutes (Mon, Wed), meets on Thursdays or Fridays</p>

Participants have to be residents of Rockaway Township.

Practices are held at Morris Hills or Morris Knolls HS. The RT Racers track team competes in the [Lakeland Junior Spring Track League](#).

Sign-ups start on **1/8/2020** (online only) through the TeamSnap App. There will be a link on [our website](#) for the online sign-up.

Registration fee: \$50 per child (discount for siblings).

Late fees apply after February 15, 2020.

[Please, use our website for further details. The FAQs page offers a lot of helpful information.](#)

Sponsorship opportunities available!

Contact: rtracers@gmail.com



website: www.rtracers.net