



MARLBORO TRACK AND FIELD 2025

“The Multi-talented Team”

Marlboro Track is a co-ed, competitive track and field program offered through Marlboro Boys' and Girls' Club (MBGC). We provide instruction on every age-appropriate track and field event (e.g., sprints, distance, hurdles, high jump, shot put, discus, javelin, pole vault, race-walk, long jump, triple jump, etc.) and emphasize individual growth and development, self-discipline, and commitment. We are a member of the Amateur Athletic Union (AAU) and United States of America Track & Field, Inc. (USATF) Organizations. Our program is time-intensive and demands the commitment and full participation of our athletes and parents.

- The team is open to boys and girls with a positive attitude ages 7 –18 as of 12/31/25. Athletes born 2019 and 2020 may request evaluation for participation.
- Interest meeting on **Thursday, March 27, 2025, 7:00PM at Frederick Douglas HS Media Room**
- **All athletes report for Endurance Training on Wednesday & Thursday 6:00 pm April 9th and 10th at Patuxent River Park (see website for directions).**
- Practices will start at Site TBD (Our home field - Douglass HS Track & Field is under renovation) 6:15-7:45 (M & TH 8 & under; M,W & TH 9 and up) **April 14th start practicing at Site TBD.**
- SPORTS' FEE - \$375 (includes the uniform). This COVERS the majority of athlete expenses for the season, but **not** everything.
- Register online at www.mbgc.org starting Monday, **March 31st.**
- Registration will end when we reach our maximum number of participants. Please register early to guarantee a slot. No refunds.
- There's something for everyone.
- The coaches lead The Team and make **all** decisions regarding events.
- Track can be divided into two seasons “regular” and “extended.” The regular season consists primarily of local meets and ends on or about late June. The extended season continues into early August.
- We have a track meet scheduled for almost every weekend during the season.
- Most meets are local and held on Saturdays but there are some Sundays and out of town meets.
- **Track meets are VERY LONG – ALL DAY LONG -- and participation is expected for the entire meet.**

For general info you may leave a message on our website at <http://www.marlborotrack.com>. For immediate questions you may contact: Co-Team Administrators: Bernice Hamm at marlborotrack22@gmail.com or 571-449-7574 or Venus Coley at vlcoley@aol.com or 202-345-5760. In addition, you may contact Mitch Mitchell (Track Commissioner) at mitchjamitchell@aol.com or 202-258-1768. Also, be sure to “friend us” on Facebook.

See you at the meeting where you can meet some of our coaches, ask questions and learn more about our program before “joining the family.”