



2ND CAPE HENLOPEN TRACK & FIELD CLINIC



Hosted by the Cape Henlopen Girls Track & Field TEAM & Coaching Staff

MARCH 27, 2022 & APRIL 3, 2022



2022

**HENLOPEN CONFERENCE
INDOOR TRACK & FIELD
CHAMPIONS**



**Youth Clinic... Kindergarten – 5th Grade Athletes... \$60 for both sessions
from 9 a.m. – 10:45 a.m.
“Focus will be on track events, hurdles, jumps”**

**Middle School Clinic... 6-8th Grade Athletes ... \$60 for both sessions
from 11:00 a.m. – 1:00 p.m.
MS Coaches are welcome to register & FREE with 10 registered athletes.
“Focus will be on ALL Track & Field events”**

**CAPE HENLOPEN LEGENDS STADIUM
LEWES, DELAWARE. 19958**

TRACK & FIELD T-Shirt & Bag for all Registered Athletes

**Payment Info: Checks to “Cape Henlopen School District”
Mailed or dropped off to: Tim Bamforth @ Shields Elementary, 910 Shields Ave. Lewes, DE. 19958
Registration Application Link: https://docs.google.com/forms/d/1AxYHAW2DxG-FHPbq3hB5_6CqVUuyGF-SRBhpGNw-ruc/edit**

**For more information Contact Director Tim Bamforth @ 302.542.4536
Or email at timothy.bamforth@cape.k12.de.us**