The Montvale Athletic League Presents…

Recreation
TRACK & FIELD

For the Youth of Montvale & Woodcliff Lake, Kinder thru 8th Grade

Spring Registration Now Open!

Register Online…

https://montvaleathleticleague.teamsnapsites.com/registration/

--Kinder/1st Grade $75 --2nd thru 8th Grades: $110 --+$15 for Uniform (if not reusing)

--Cost includes registration for summer and fall programs

--Registration Closes March 18. --Late-Fee Registration Closes April 1

On Your Mark, Get Set, Go!

Practice Schedule...

-- Tues, Fieldstone, 6:00-7:30pm
-- Wed, PHHS, 7:00-8:30pm
-- Sat, PHHS, 12-2pm
-- April 3 to June 26
-- K/1st practices Wed & Sat only

Meet Schedule…

-- Sundays, 1-5pm, April & May as coordinated by "NJ Striders."
-- MAL will host two inter-squad scrimmages & dual-meets in May & June.

MAL
Montvale Athletic League
Youth Sports -- The Ultimate Social Network

Questions?...

Christie Rossig, MAL Track & Field Commissioner: christie@therossigs.com; 201-390-0481