WHAT: FREE AJH Open Gym Track and Field Nights!
WHEN: Monday, January 27th and Wednesday, February 5th from 6:00pm to 7:30pm
WHERE: AJH Gym

The coaches, athletes and captains of the Steele Track and Field Program are pleased to offer an exciting opportunity for AJH students to learn about the wonderful sport of track and field while embracing the ideals of RunAmherst.com: Competition, Connectivity, Communication and COMET PRIDE through fun activities, fitness games, educational challenges and team building exercises.

The dates are Monday, January 27th and Wednesday, February 5th. Athletes should meet in the AJH main gym at 6:00pm sharp with athletic clothing, a water bottle and a great attitude. We ask that participants eat at least an hour before the event so their food has time to settle before activity.

In order to plan for this event, registration must be completed by January 20th. NO LATE REGISTRATIONS WILL BE ACCEPTED.

Registered participants must be on their best behavior for this event and follow the directions of the leaders. Any infractions will result in immediate removal from the event and disqualification from future events. Also, athletes must be picked up at 7:30pm SHARP in order to participate in future events.

Images from 2024 Open Gym #1:
https://runamherst.smugmug.com/2023-RunAmherst-Photos/AJH-Open-Gym-1
Images from 2024 Open Gym #2:
https://runamherst.smugmug.com/2023-RunAmherst-Photos/AJH-Open-Gym-2

Registration is HERE

