



2018 Youth Track Club Meeting Information



Registration Fee

- \$75.00

Ages

- 6 to 18

Practice

Starts Monday, April 2, 2018 at the Johnston Middle School track.

- Practice schedules will be available for each month before practice starts - subject to change
- Back-up location - Summit Middle School Track

Days and Times

- Sunday: 5:00 - 6:30 p.m.
- Monday: 6:00 - 7:30 p.m.
- Wednesday: 6:00 - 7:30 p.m.

Running practices will only be the first hour of practice. The final 30 minutes is designated for field events and hurdles. Only athletes who are practicing field events or hurdles will need to attend the final 30 minutes.

Changes and cancellations posted on Facebook, Twitter (@JohnstonRunning), by e-mail, and team app.

Memberships

Membership with USA Track & Field (USATF) is required prior to athlete registration. Athletes are also encouraged to obtain membership with Amateur Athletic Union (AAU). These memberships are necessary for the athlete to participate in the state AAU or USATF meets. USATF membership also provides supplemental insurance coverage. The memberships are in addition to the club registration fee and it is the responsibility of parents to obtain these memberships. Membership links are available on our website under "Contacts."

Expectations of Athletes and Parents

- Respect coaches and their decisions
- Work hard at all times
- Arrive on time to practice, pick up on time
- Respect and cheer for teammates at practice and meets
- Spikes will be worn at practice only with the coach's permission

Expectations of Coaches

- Commitment to do what's best for the athletes
- Regular communication to athletes and parents
- Treat athletes with respect and coach in a positive manner

Contact Information

- Website: johnstonrunningclub.com
- E-mail: johnstonrunning@gmail.com
- Britta Wey (515) 770-2038



2018 Youth Track Club Meeting Information



Coaches

- Britta Wey - sprints, jumps & throws
- Kyle Keraus - distance
- Luke Craven - distance
- Parent coaches - TBD

Meets

Meets usually take place on Saturdays, with the occasional Sunday. You are not required to stay at the meet the entire day but are encouraged to cheer for teammates. We cannot predict the exact time that each event will take place as they are run on a rolling schedule. Athletes are strongly encouraged to participate in meets. Practices are geared toward competing in the meets. Parents are responsible for transportation and registration at the developmental meets. The AAU and USATF meets will require advance registration by the club. Information will be communicated via e-mail as registration deadlines approach.

Developmental Meets - most are \$5.00

Date/Dates	Meet	Location
TBD	Multiple (TBD)	TBD
June 3	Johnston Running Club Track Meet	Johnston High School (Johnston, Iowa)
June 9	AAU State Meet**	Simpson College (Indianola, Iowa)
June 16 & 17	USATF State Meet*	Iowa State University (Ames, Iowa)
June 28 - July 1	AAU Regional Meet**	Simpson College (Indianola, Iowa)
July 5 - 8	USATF Regional Meet*	Iowa State University (Ames, Iowa)
July 23 - 28	USATF National Meet*	North Carolina A&T Univ. (Greensboro, North Carolina)
July 28 - Aug. 4	AAU National Meet**	Drake University (Des Moines, Iowa)

* = Requires USA Track & Field Membership (pre-registration is required)

** = Requires Amateur Athletic Union "Athletics" Membership (pre-registration is required)

Athletes must qualify to advance to regional and national meets in both the AAU and USATF.

Ages for meets are determined by the age on December 31, 2018.

Age Division	Year of Birth	Number of Events Allowed
8 & Under – Sub Bantam (SA)	2010+	3
9-10 – Bantam (A)	2008-2009	3
11-12 – Midget (B)	2006-2007	3
13-14 – Youth (C)	2004-2005	4
15-16 – Intermediate (D)	2002-2003	4
17-18 – Young Women/Men# (E)	2000-2001	4

#= Athletes born in 1999 can participate if still 18 through the end of the national meet (August 4)