



# Stallions Track Club



*"workin' hard — gettin' better!"*

**Moon, PA**

[www.stallionstrackclub.com](http://www.stallionstrackclub.com)  
Facebook: Stallions Track Club

Board Members: ♦ Terry Fisher ♦ Tyrone Fisher ♦ Ashanti Mitchell ♦

## 2018 TEAM RULES AND REGULATIONS

### REGISTRATION

- All registration fees must be mailed to:  
Stallions Track Club, Inc.  
2130 Harbor St  
Pittsburgh, PA 15212
- **No uniform/warmups will be ordered until registration fees have been paid in full.**
- **Payments made AFTER the deadline date will be assessed a \$25.00 LATE fee.**

DIVISION	BIRTH YEAR	REGISTRATION DEADLINE	REGISTRATION FEE
8 & Under	2010 +	April 30, 2018	\$200
9-10	2009 & 2008	April 30, 2018	\$200
11-12	2007 & 2006	April 30, 2018	\$200
13-14	2005 & 2004	April 30, 2018	\$200
15-16	2003 & 2002	June 01, 2018	Prorated
17-18	2001 & 2000	June 01, 2018	Prorated

### PARTICIPATION REQUIREMENTS

- Team Conditioning Sessions (Outdoor)
    - Date/Days: Saturdays
    - Time/Location: 1pm @ Fit 4 Life Fitness Center 1032 5th Ave, Coraopolis, PA 15108
  - Practice Sessions (Outdoor)
    - Date/Days: Begin Mid-March 2018 (weather permitting), Tuesday, Wednesday and Thursday.
    - Time/Location: TBD (will either be at Cornell High School or Robert Morris Track)
  - Practice sessions are **mandatory**. All athletes must arrive to practice on time in order to adequately warm up so as to not incur injury. All athletes **must** attend at least 75% of practices to participate in that week's meet.
  - Meets
    - ENTRY FEES
      - The club will pay for all athletes at developmental meets through registration fees.
      - The club will pay for all individual and relay events for the Three Rivers Association Meet.
      - The club will pay for relay events only for qualifying athletes at the USATF Region 2 Meet.
      - The club will only pay for relay events at the USATF Junior Olympics.
- Athletes are responsible for paying for individual events.

- ENTRY LISTS
  - Coaches are responsible for determining the events in which each athlete will participate for each meet. Participation rosters must be decided by 6 PM Tuesday so that Meet Manager computer files can be submitted to TRA by deadline.
  - Entry lists can be viewed after Wednesday at noon on the TRA website at ([http://www.usatf.org/assoc/threerivers/Youth/Youth\\_MeetSched.html](http://www.usatf.org/assoc/threerivers/Youth/Youth_MeetSched.html))
  - Parents should check the list and report any questions to the coaches immediately, so change submissions can be submitted by the 8 pm Thursday deadline.
- ATTENDANCE
  - All athletes must be at the meet **30 minutes** before the meet begins, regardless of when your events are scheduled. This is the only time coaches are available to stretch and warm up athletes to avoid injury.
  - If you are unable to attend a meet, you **must** notify a coach by midnight Thursday. The club is charged for each athlete on the Entry List.
- RELAY TEAMS
  - To be considered for a relay team you must make a commitment to be a member of the team through the end of the season (Junior Olympics). The commitment means that you will be at all practices and meets.
  - Members of relay teams will be determined based on a weekly “run-off” between athletes. Coaches have the final say in relay team membership.

**FUND RAISING**

- Pittsburgh Popcorn Company
- **Raffle Tickets**
  - Each family must sell 10 tickets.
- **Can Tag**
  - Each athlete must participate in can tag at one designated time/location.
- **Night At The Races** Saturday, April 27, 2018, Coraopolis VFW. Details to follow.
- **Candles**

I've read the above Rules and Regulations and agree to abide by them:

X

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**PARENT**

X

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ATHLETE