



## ***Track and Field Info Sheet***

***THE FIRE TRACK AND FIELD CLUB*** is excited to offer 1<sup>st</sup> through 8<sup>th</sup> graders an opportunity to participate in Track and Field. Our focus will be on fitness, fun and training to participate in meets. Track meets will include Fire Sponsored meets, local meets and the USA Track & Field State Meet held in Mid June, with the opportunity to advance to Regionals (early July) and Nationals (Late July) This will be a great introduction to Track and Field or an opportunity to expand and extend the Track and Field season offered by local schools. Full meet schedule will be available at club web site prior to the season. We encourage Fire Athletes to participate in their school track programs during the season.

### ***When***

April 14<sup>th</sup> through June 16<sup>th</sup>, with Regional and National qualifiers able to compete through July. Monday and Thursdays 6 PM to 7:30 PM, and Saturday Mornings 8:30 AM to 10:30 AM (age dependent)

### ***Where***

All practices are at Riverside School unless otherwise notified

### ***Events***

Sprints(100m,200m), Middle Distance(400m,800m), Distance(1500m,3000m), Relays(4x100,4x400,4x800), Throws(discus, shot, javelin), Jumps(high, long), and Hurdles. Sub Bantam training will focus on the sprints, shot put, middle distance, and long jump. Special Training in triple jump and pole vault available through affiliated clubs.

### ***Practice Schedule (subject to change depending on number of athletes enrolled)***

Sub Bantams- Initially Saturdays 8:30 to 9:30, Then Mon, Thurs. and Sat. starting in Mid May.

Bantams, Midget, Youth- Monday and Thursday 6:00 to 7:30 and Saturday 9:15 to 10:30.

### ***USATF age groups (Availability of some events varies by age group)***

Sub Bantam (2004 and younger)

Youth (1998/1999)

Bantam (2002/2003)

Intermediate (1996/97)

Midget (2000/2001)

Young Adults (1994/95)

### ***Cost***

1<sup>st</sup> and 2<sup>nd</sup> Graders-\$65.00, includes Fire T-shirt and participation in Fire Sponsored meets

3<sup>rd</sup> through 6<sup>th</sup> Graders, \$90.00, Includes Fire Uniform and participation in Fire Sponsored meets

7<sup>th</sup> and 8<sup>th</sup> Graders (full season), \$90.00, Includes Fire Uniform and participation in Fire Sponsored meets (for athletes who do not participate in Junior High Track, we encourage you to participate at school)

7<sup>th</sup> and 8<sup>th</sup> Graders (half season), \$65.00, Includes Fire uniform and participation in Fire Sponsored meets (for athletes who participate in Junior High Track. They join the Fire at the conclusion of the Junior High Season)

### ***Additional Costs***

Athletes will be responsible for all travel plus the costs to enter non-FIRE sponsored meets. You will need to be a member of USATF to compete in the Junior Olympics. If your child is not a USATF member, then you will need to go to [www.usatf.org](http://www.usatf.org) and sign up your child as a member of the FIRE Track Club, #177 (cost is \$20.00).

-Non Fire events fees are usually \$5.00-\$8.00 per event.

-Sub Bantam Athletes may purchase a fire uniform for \$25.00

### ***Parental Volunteering***

Parents will need to contribute 1-2 hours of volunteer work during each of our 2 home track meets. Parents interested Coaching can contact Coach Riley at [fishersfire@gmail.com](mailto:fishersfire@gmail.com). We will provide you all the information you need to be great coach.

### ***Additional Information***

More Information is available at [www.fishersfire.info](http://www.fishersfire.info). Further inquiries can be made by email at [fishersfire@gmail.com](mailto:fishersfire@gmail.com)

THE FIRE TRACK/XC Club