

COLUMBIA TRACK CLUB'S

YOUTH PROGRAM

Wednesday nights: June 5, 12, 19, 26, July 3 2019

LOCATION will be Rock Bridge High School Track 5:45 p.m.

PLEASE CHECK COLUMBIA TRACK CLUB'S WEBSITE columbiatrackclub.com OR FACEBOOK PAGE for updates.

Cost: \$5.00 for all summer per child max \$10 per family,
Additional funding provided by Boone Hospital Center.



Events & age requirements:

- 50-yard dash — 3 years and younger
- 100-meter dash — 4 and 5 year olds
- 400-meter run — 6 years and older
- 200-meter — 4 years and older
- 800-meter run — 6 years and older
- 1-mile run — 6 years and older



Boys and Girls **ALTERNATE WEEKS** (see below) on the following events:

- Long jump (best of 3 jumps) — 4 years and older
- Shot put (best of 3 throws) — 6 years and older



	<u>June 5</u>	<u>June 12</u>	<u>June 19</u>	<u>June 26</u>	<u>July 3</u>
Long jump	Girls	Boys	Girls	Boys	Girls
Shot put	Boys	Girls	Boys	Girls	Boys

PLEASE NOTE THE ORDER OF THE RUNNING EVENTS, AND ANTICIPATE YOUR EVENT. The running events are ordered as listed above. Youngest age groups start first. Long jump and shot put open after the warm up. Complete the long jump and shot put early in the evening while you are not running (if you need to leave to run, after you run, you may finish your field events). We close the long jump and shot put when the 200-meter run begins.

RIBBONS: Ribbons are awarded for first through sixth place in each event heat. Age groups are in two-year intervals (ex: 4 and 5 year olds, 6 and 7 year olds, etc.). Ask for a **Rainbow Ribbon** if you did not get a ribbon in any event.

PERSONAL IMPROVEMENT RIBBONS: Obtain a record card when you register. Record your performance for four weeks. If you show improvement, the fourth week you can earn a personal improvement ribbon.

CTC YOUTH PROGRAM RULES:

1. Limit of **THREE (3)** events per competitor.
2. Sign in and obtain a name tag each night you attend.
3. Everyone must participate in the warm-up session before the events.
4. Only **COMPETITORS AND OFFICIALS** on the track and field areas (except in the mile fun walk). All parents and spectators please stay in the stands. This is very important. It makes for fair competition and helps the officials do their job properly. Adults on the track and field interfere with the officials and distract athletes who need to concentrate on their events.
5. **No pets allowed.**

RAIN POLICY:

If there is lightening and heavy rain, we cancel.

We will post on CTC facebook page by 5pm if we plan to cancel. Please do not call Tryathletics.

No make-ups.

Please remember to bring lots of water!