

COLUMBIA TRACK CLUB'S

YOUTH PROGRAM

Wednesday nights: June 5, 12, 19, 26 2024

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

columbiatrackclub.com OR facebook.com/columbiatrackclub 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

1-mile run — 6 years and older

400-meter run — 6 years and older

200-meter — 4 years and older

800-meter 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 7</u>	<u>June 14</u>	<u>June 21</u>	<u>June 28</u>
Long jump	Girls	Boys	Girls	Boys
Shot put	Boys	Girls	Boys	Girls

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.** 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. Except in the 50 and 100-yard dashes where the children need the comfort and counsel of their parents or significant others and if they are not competitive events that fall under track and field rules. Pacing an athlete will lead to a disqualification of the athlete.
5. **No pets allowed.**

RAIN POLICY:

If there is lightning and heavy rain, we cancel.

We will post on CTC facebook page by 5pm if we plan to cancel. No make-ups.

Please remember to bring lots of water!

Please register and sign waiver at <https://runsignup.com/Race/MO/Columbia/CTCYouthProgram> so all you have to do on arriving at the track is pick up the athlete's name tag. If you don't register online, please turn in the information below when you check in.

PLEASE PRINT

Athlete's last name First name Age Sex

I, _____ (signed by parent/guardian of athlete) consent to _____'s (athlete's name) participation in the Summer Youth Track Program, and I hereby waive any and all claims for damages which I might have against Columbia Public Schools and Columbia Track Club for any injuries suffered by my athlete as a result of or during this program. *I have read and agree to comply with the rules as outlined on the CTC Youth Program information sheet.*