

YOUTH TRACK CLUB INFORMATION HANDOUT

REGISTRATION & COST

You can register online now at:
WWW.SYTRACK.ORG

Standard Fee for Regular Season - K- 2nd Grade - **\$125**

Standard Fee for Regular Season - 3rd thru 8th Grade - **\$150**

Post Season "Junior Olympic" Fee – Additional **\$75**

This is an optional choice and is for those athletes wanting to compete in USATF sanctioned meets after the regular season. This fee includes the 2018 SY Track Junior Olympic sweatshirt and registration fees for JO qualifying and JO meets.

**If registering in person, please make checks payable to:
"Central Coast Sports Foundation"**

2019 PRACTICE SCHEDULE

Practices will be held every Friday from 4:45 to 6:00pm at Santa Ynez High School for all track club athletes beginning on **Friday, March 1st.**

For athletes selecting the Jr. Olympic option, practices will also be every Wednesday from 4:45 to 6:00pm at Santa Ynez High School.

Each athlete should wear running shoes, proper athletic attire, and bring water.

If the weather is bad (significant rainfall, lightning, etc.) we will cancel or postpone the practice.

LIST OF EVENTS

Sprints: 50m, 100m, 200m, 400m

Hurdles: High & Intermediate

Distance: 800m, mile, 2 miles

Relays: 4x100, 4x400

Jumps: Long & High

Throws: Shot Put (5th – 8th grd)

Softball throw (K – 4th grd)

Events will vary by meet

CONTACT INFORMATION

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**2019 MEET SCHEDULE
TO BE DETERMINED**