



CROSS COUNTRY PROGRAM 2016

WHO:

Children Grades 2-6: The club gives young people an introduction to cross country running. Emphasis is placed on physical fitness, doing runs that the child can handle successfully, and having fun!

Student Athletes Grades 7-12: The goal of this program is to teach kids that fitness can be fun. The club also gives athletes opportunities to practice and work with individuals from other schools as they strive to compete at the national level.

WHERE:

IU Cross Country Course
(behind old University School off Hwy 46.)

WHEN:

October 9 – November 17
Sundays, 4:00-5:00 PM
Tuesdays & Thursdays, 5:00-6:00 PM

COST:

- \$70 Program fee
- \$10 Annual club membership fee
– includes club T-shirt.

REGISTRATION:

On-site registration will be available during practice.

Or mail the completed membership application form and check made payable to Indiana Track Club to:

Indiana Track Club
3390 E. State Hwy 46
Spencer, In. 47460

Note: Students competing in school cross country programs can register and begin practicing with the club after their school season ends.

USATF MEMBERSHIP:

All athletes who plan to compete in the Junior Olympic meets must be a member of USA Track & Field. The annual fee is \$20.00. You can apply online at

<http://www.usatf.org/membership> and will receive a USATF member number immediately.

To register with USATF as a member of the Indiana Track Club enter the club member number "0190" in the designated space on the application. Print the confirmation page to use as proof of membership until you receive your membership card in the mail.

COMPETITIONS:

INDIANA JUNIOR OLYMPIC CHAMPIONSHIP

Saturday, November 12

TBA – IN.

REGIONAL JUNIOR OLYMPIC CHAMPIONSHIP

Saturday November 19

TBA – IL.

JUNIOR OLYMPIC NATIONAL CHAMPIONSHIPS

Saturday, December 10

Hoover, Al.

QUESTIONS?

Contact Coach Rick Rumble at
"intrackclub@yahoo.com",
or see our face book page
for more information.



CROSS COUNTRY
2016

