



CROSS COUNTRY PROGRAM 2022

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:

Indiana University Cross Country Course

WHEN:

October 9 – November 17

Sundays, 4:00-5:00 PM

Tuesdays & Thursdays, 5:00-6:00 PM

COST:

- * **\$80 (see below)**
- \$70 Program fee plus
- \$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.

** Competing in meets is optional for the athlete and nominal fees for USATF membership and meet entries are not included in the program fee.

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 \$25.00. You can apply online and you 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**

Nov. 12, 2022

Shelbyville, In.

**REGION 7 JUNIOR OLYMPIC
CHAMPIONSHIP**

Oswego, Il.

**JUNIOR OLYMPIC NATIONAL
CHAMPIONSHIPS**

Saturday, December 10

College Station, Tx

QUESTIONS?

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



CROSS COUNTRY
2022

