

COLUMBIA TRACK CLUB YOUTH PROGRAM 2007

Wednesday nights June 6, 13, 20, 27, July 11 and 18

6:00 pm Hickman High School Track

Cost: \$1.00 for all 6 weeks! Additional funding provided by Boone Hospital Center

EVENTS:

50 yard dash
400 meter run
mile run
800 meter run
mile fun walk
2 or 3 mile run (alternate weeks)

AGE requirements:

3 yrs and under
4 yrs and older
6 yrs and older
6 yrs and older
non competitive family event
8 yrs and older

Boys and Girls ALTERNATE WEEKS on the following events:

200 meter 4 yrs and older
long jump (best of three attempts) 4 yrs and older
shot put (best of three attempts) 6 yrs and older

	<u>June 6</u>	<u>June 13</u>	<u>June 20</u>	<u>June 27</u>	<u>July 11</u>	<u>July 18</u>
Long Jump	Girls	Boys	Girls	Boys	Girls	Boys
Shot Put	Boys	Girls	Boys	Girls	Boys	Girls
200m Run	Boys	Girls	Boys	Girls	Boys	Girls

PLEASE NOTE the order of the running events and watch for your event. Youngest age groups start first. Please do the long jump and shot put early in the evening. We will close these field events when the 200 meter run begins. If you are doing the long jump or shot put be aware of when your running events begin. After your running event, go back to finish the long jump or shot put.

ADULT EVENTS:

week 1: 400m week 3: 1600m week 5: 800m
week 2: 800m week 4: 400m week 6: 1600m

RIBBONS: Participation ribbons for the 50 yard dash; ribbons for 1st through 6th place for boys' and girls' age groups. Age groups are in 2 year intervals, e.g. 4 & 5 year olds, 6 & 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 4 weeks. If you show improvement, the 4th week you can earn a personal improvement ribbon.

CTC YOUTH PROGRAM RULES:

- 1. Limit of THREE (3) events (not counting fun walk) per competitor.**
- 2. Sign in and obtain 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 EVENT AREAS except in the mile fun walk. All parent and spectators need to 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 infield interfere with the officials and distract athletes who need to concentrate on their jumps and races.
- 5. NO PETS ALLOWED.**

**RAIN POLICY: If there is lightning and heavy rain, we cancel. No make-ups.
Please remember to bring lots of water!**