



Summer Track & Field Program 2017

The Southwest Ohio Track Club is a tax exempt non-profit organization that focuses on providing instruction in Track and Field to individuals (7 years to 100+ years old). Our program includes elementary, middle school, high school, post collegial as well as masters athletes who are looking for a place to practice and compete in track and field. We organize, conduct, and promote the participation in Track and Field competitions. All disciplines, from field events to the race walk, are coached and all equipment is provided. Come try something new or develop your existing talents!

There is no paid staff, so it doesn't cost an arm or a leg to participate in the club's programs. At the same time it does not discount the quality of the coaching staff, who are very skilled and have competed or coached anywhere from college to Olympic level. Athletes from a majority of the schools in the Miami Valley have participated in the SWOTC summer track and field program. With the extra practice and skilled coaching many have gone on to win HS state titles and become collegiate athletes or National Champions.

The Track & Field program starts May 30th, 2017 and continues thru the beginning of August depending on an athlete's competition schedule. The practices are Monday, Tuesday and Thursday. The program emphasize the SWOTC home meets and the National Junior Olympic competitions as well as the Masters Outdoor National Championships, available thru USA Track & Field (USATF).

Club Membership is \$50 for athletes that already have a currently valid USATF membership. Athletes without an USATF membership are required to purchase such a membership in addition for insurance reasons. The club membership fee provides the athletes access and use of facilities and equipment, access to SWOTC coaching staff and reduced entry fees for home meets if signed up in practice. Club uniforms have to be purchased separately if desired and are mandatory for any meets an athlete competes in. Athletes are responsible for all meet entry fees.

Practices for 7-12 year old: Mondays, Tuesdays and Thursdays May 30th – July 20th 5:00-6:00PM
Practices for 13 and older: Mondays, Tuesdays and Thursdays May 30th – early August 6:00–7:30PM

Location: Yellow Springs High School, John Gudgel Track, 420 E Enon Street, Yellow Springs

Meet Schedule

June 6, 2017	PV & RW night 1, Yellow Springs, OH all ages
June 7, 2017	Mini Meet 1, Yellow Springs, OH all ages
June 17/18, 2017	Junior Olympics Ohio, Cedarville, OH, 7-18 year old
June 20, 2017	PV & RW night 2, Yellow Springs, OH all ages
June 21, 2017	Mini Meet 2, Yellow Springs, OH, all ages
June 27, 2017	PV & RW night 3, Yellow Springs, OH, all ages
June 28, 2017	Mini Meet 3, Yellow Springs, OH, all ages
July 8/9, 2107	Junior Olympics Region 5, Cedarville, OH, 7-18 year old
July 13-16, 2107	USATF Masters Outdoor National Championships, Baton Rouge, LA, 30+ year old
July 18, 2017	PV & RW night 4, Yellow Springs, OH, all ages
July 19, 2107	All Comers Meet, Yellow Springs, OH, all ages
July 24-30, 2017	Junior Olympics National Championships, 7-18 year old

SWOhio Awards night

Tuesday evening August 1st 2017 time and location to be announced.

Other Track and Field Meets

For additional competition opportunities talk to any of the coaches.

Contact Head Coach Valerie Kirk by e-mail coachval@swohiotc.org or phone (937) 450 4639 or President Peter Dierauer by email president@swohiotc.org or phone (815) 990 8452 for further information