

# SOUTHWEST OHIO TRACK CLUB

## 2018 SUMMER TRACK & FIELD PROGRAM

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 and a leg to participate in the club's program. At the same time, the coaching staff is extremely qualified, having competed or coached at nearly all levels...up to and including the Olympics!! Athletes from nearly all 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 and even National Champions.

**The Track & Field program starts May 29<sup>th</sup>, 2018 and continues thru the end of July depending on an athlete's competition schedule. The practices are Monday, Tuesday and Thursday.** The program emphasizes 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 will need to purchase one for club insurance purposes (\$20-SWOTC will facilitate). The club membership fee provides the athletes access and use of all facilities and equipment, access to SWOTC coaching staff and reduced entry fees for home meets (if signed up in practice). Club uniforms are purchased separately if desired and are mandatory for any meets an athlete competes in. Athletes are responsible for all meet entry fees.

**Practices for ages 7-12: Mondays, Tuesdays and Thursdays May 29<sup>th</sup> – July 26<sup>th</sup> 5:00 - 6:00 PM**  
**Practices for ages 13+: Mondays, Tuesdays and Thursdays May 29<sup>th</sup> – July 26<sup>th</sup> 6:00 - 7:45 PM**

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

### Meet Schedule

June 12, 2018	Pole Vault & Race Walk Night 1, Yellow Springs HS, OH (All ages)
June 13, 2018	Mini Meet 1, Yellow Springs HS, OH (All ages)
June 23/24, 2018	USATF Ohio Association Junior Olympics, Cedarville University, OH (Ages 7-18)
June 26, 2018	Pole Vault & Race Walk Night 2, Yellow Springs HS, OH (All ages)
June 27, 2018	Mini Meet 2, Yellow Springs HS, OH (All ages)
July 10, 2018	Pole Vault & Race Walk Night 3, Yellow Springs HS, OH (All ages)
July 11, 2018	Mini Meet 3, Yellow Springs HS, OH (All ages)
July 5-8, 2018	USATF Region 5 Junior Olympics, Olivet College, MI (Ages 7-18**)
July 17, 2018	Pole Vault & Race Walk Night 4, Yellow Springs HS, OH (All ages)
July 18, 2018	All Comers Meet, Yellow Springs HS, OH (All ages)
July 23-29, 2018	USATF National Junior Olympic Championships, North Carolina A&T Univ., NC (Ages 7-18**)
July 26-29, 2018	USATF Masters Outdoor National Championships, Spokane, WA (Ages 30+)

\*\*Qualification required to compete

### SWOhio Awards night

Wednesday evening August 1<sup>st</sup>, 2018: time and location to be announced.

### Other Track and Field Meets

For additional competition opportunities, talk to any of the coaches.

Contact Head Coach Ken Rengering (Coach K) by e-mail [coachken@swohiotc.org](mailto:coachken@swohiotc.org) or phone (937) 241-9153 or Club President Peter Dierauer by email [president@swohiotc.org](mailto:president@swohiotc.org) or phone (815) 990-8452 for further information