

About McMinnville Youth Club Track & Field

Athletes ages 13–18 are welcome to join. Our track season begins the first week of June. Practices are held three days a week—Mondays, Wednesdays, and Fridays from 4:00–6:00 p.m.—at the McMinnville High School track. The season runs through June or July, depending on participation in championship meets.

- Team warm-up: a few laps, followed by drills/exercises to warm up and strengthen key muscles.
- Event groups after warm-ups, based on athlete interest and coaching availability. Events typically include **sprints, distance, long jump, pole vault, shot put, discus, hammer and javelin.**
- Athletes are encouraged to try different events during practice to find what they enjoy.

Competitions and Meets

Athletes are encouraged to compete in meets, but participation is not required. Parents/guardians are responsible for transporting athletes to and from meets.

As the season progresses, athletes may advance to championship meets (State, Regionals, Nationals). These meets are hosted by the national USATF organization and typically have stricter rules and expectations. Our goal is to prepare athletes to compete confidently at the championship level. For the current meet schedule, see Athletic.net (McMinnville Track). A link is also available at mcminnvilletrackclub.com under Track and Field.

Club Registration and Fees

Club registration forms are available at mcminnvilletrackclub.com under “Forms.” The club fee is **\$195** and includes uniforms, club shirts, and meet fees.

- All athletes must be registered with **USATF** before participating in club practices.
- Submit registration forms, required fees, and a birth certificate (unless you are a returning athlete).
- USATF approval is required before participating in the Association meet.

Age Divisions (Cubs and Bears)

Age	Division	Year of Birth	Notes
8 & Under	8U	2018+	Cubs: 3 events
9–10	9–10	2016–2017	Cubs: 3 events
11–12	11–12	2014–2015	Cubs: 3 events
13–14	13–14	2012–2013	Bears: 4 events
15–16	15–16	2010–2011	Bears: 4 events
17–18	17–18	2008–2009	Bears: 4 events

* Age-group note: Athletes who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible for the 17–18 division through that meet.

** Event limits: Competitors in the 8 & Under, 9–10, and 11–12 divisions may compete in a maximum of three (3) events, including relays. Competitors in the 13–14, 15–16, and 17–18 divisions may compete in a maximum of four (4) events, including relays. Combined events are not included in the event count.

Events by Age Division

RULE 301 TRACK AND FIELD EVENTS

The events listed below are included in the National Championships. (Combined events, where different from those described in Rule 200, are held in the event order indicated. Weights of implements are identical to those applicable to individual events in the respective age groups.)

8 AND UNDER DIVISION

100 Meter Dash	1500 Meter Run	Long Jump
200 Meter Dash	4x100 Meter Relay	Shot Put - 2kg
400 Meter Dash	4x400 Meter Relay	Mini Javelin - 300g
800 Meter Run		

9-10 DIVISION

100 Meter Dash	High Jump	Triathlon: Shot Put - 6 lb.
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put - 6 lb.	200 Meter - G
800 Meter Run	Mini Javelin - 300g	400 Meter - B
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

2019 USATF Competition Rules - 160

11-12 DIVISION

100 Meter Dash	80 Meter Hurdles - 30"	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80m Hurdles
400 Meter Dash	High Jump	Shot Put - 6 lb.
800 Meter Run	Shot Put - 6 lb.	High Jump
1500 Meter Run	Discus - 1kg	Long Jump
3000 Meter Run	Aero Javelin - 450g	800 Meter Run - G
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run - B
	4 x 400 Meter Relay	

13-14 DIVISION

100 Meter Dash	4 x 800 Meter Relay	Discus - 1kg
200 Meter Dash	100 Meter Hurdles - B-33"	Pole Vault
400 Meter Dash	100 Meter Hurdles - G-30"	Javelin - 600g
800 Meter Run	200 Meter Hurdles - 30"	Pentathlon: 100m Hurdles
1500 Meter Run	High Jump	Shot Put - B 4kg, G 6 lb.
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put - B-4kg	800 Meter Run - G
4 x 400 Meter Relay	Shot Put - G-6 lb.	1500 Meter Run - B

15-16 DIVISION

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

17-18 DIVISION

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

See you on the track!