

### Registration

All registrations are processed online. A \$30 USATF membership is **required** before you become a member. USATF memberships are purchased online at [www.usatf.org](http://www.usatf.org).

Registration is **\$300** for the first athlete, **\$275** for the second and **\$250** for the third and thereafter. The fee for 17-18 athletes (2006-2007) is **\$200.00** (the year-end event is not included). 17-18 athletes may purchase year-end event tickets at the end of the season. Registration fee includes: uniform, t-shirt, mandatory fundraiser, and a year-end event.

**THERE ARE NO REFUNDS ON REGISTRATION FEES**

### New Members

USATF requires verification of each athlete's birth date. **A legible scanned photo and image of the birth certificate MUST be uploaded during online registration.**

### Youth Age Divisions

Youth competitions take place in two-year age divisions.

**The age divisions for competition year 2024 are as follows:**

Age Division	Year of Birth
8 & Under	2016+*
9 - 10	2015-2014
11 - 12	2013-2012
13 - 14	2011-2010
15 - 16	2009-2008
17 - 18	2007-2006**

\* Pursuant to USATF Rule 300.1 (c) "Athletes must be at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

\*\* Athletes **born in 2005** who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 divisions through that meet. This extended eligibility does not apply to Cross Country events.

### Track Meets

Athletes should check-in with their age group head coaches at each track meet. Regular water consumption is a must. Avoid sports drinks and opt for pomegranate juice. Snack on bagels, fruit, lean meats and nuts. Sunblock, a cooler, an umbrella and a lawn chair are strong recommendations.

**Parents are not allowed on the track or field.**

### Meet Fees

Meet entry fees will range from approximately \$10 to \$15 for athletes and \$12 to \$15 for spectators. Qualifying and championship fees are announced prior to the qualifying rounds.

### Method of Payment

Payment method is via credit card using Pay Pal or the athlete's donation account. **Only corporate/company checks are accepted.** A \$45 charge will be assessed on returned checks.

### Fundraisers

Please take advantage of the fundraisers. Seek out corporate or matching funds to assist with travel and competition fees. Each athlete is required to participate in the Track Houston raffle to recoup \$30.00 of the registration fees. Funds from the mandatory fundraiser are used toward equipment and operating expenses.

### Spikes and Running Shoes

Athletes must train in running shoes and compete in spikes or the appropriate event shoes. Take advantage of our 'Gently Used Spikes' program where donations are accepted.

**Basketball shoes are not allowed.** Sneakers worn daily for more than three months should be replaced for the athlete's safety and effective performance.

### Parent Meetings

**Parents are strongly encouraged to attend parent meetings throughout the season. A mandatory travel meeting is held prior to competition for the Regional and National meets.**

Topics include relay selection, event participation, travel costs, athlete's safety, discipline and penalties for inappropriate behavior during travel.

### Volunteers

Interested parties should speak with the registrar at their practice site regarding areas for volunteerism. Background checks and SafeSport certification are mandatory for all who come into contact with athletes.

### Travel

Qualified athletes travel to USATF and/or AAU sanctioned Regional and National Junior Olympic competitions. Participation in the USATF Youth Outdoor National Championship is optional.

**Parents are responsible for travel costs. Parents and some athletes are required to sign a Disciplinary Contract prior to athlete's travel.**

Packages include: air or bus fare, hotel, local transportation and breakfast.

**Junior Olympic National meet will be in College Station, TX**

### Handbook

The Seventeenth Edition of the Club's Handbook covers our program overview. This is our general information, policies and procedures concerning chaperones, travel, code of conduct, coaching philosophy, training philosophy, relay selection and fundraising.

### Practice Locations

Please visit our website for the location, maps and contacts.

<http://www.trackhouston.com/track-and-field1.html>

### Athletic Directors and Executive Officers contact information:

Athletic Director: **Donna Taylor-Iles**, 713-240-5779

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