

Practice Schedule

- **Duration:** Practices begin in April and run through the end of June/early July.
 - **Time:** 5:30 PM – 7:30 PM.
 - **Schedule:**
 - **Ages 5–10:** Tuesday, Thursday, and Friday.
 - **Ages 11–18:** Monday, Wednesday, and Friday.
 - **Friday Practices:** Focus on meet preparation and will often end early.
-

Practice Location and Equipment

- **Location:** All practices will be held at the track at Greensburg Salem.
 - **Equipment:** Event equipment will be provided at the facility.
 - **Shoes:**
 - Supportive running shoes are highly recommended.
 - Event-specific shoes (e.g., track spikes for sprinters) are helpful but not required.
-

Weather and Cancellations

- **Outdoor Practices:** All practices are outdoors, so athletes should dress appropriately for the weather.
 - **Cancellations:**
 - In case of thunderstorms or heavy rain, parents and athletes will be notified the day of.
 - Check your email for updates before leaving for practice.
-

Events Offered

- **Sprints:** 100m, 200m, 400m.
 - **Hurdles:** High hurdles and intermediate hurdles.
 - **Throws:** Shot put and discus.
 - **Jumps:** High jump, long jump, triple jump.
 - **Distance:** 800m, 1600m, 3200m.
 - **Note:** Javelin and pole vault will not be offered unless a coach is found.
 - Athletes can try multiple events and choose what they enjoy or want to learn.
-

Meets (Competitions)

- **Schedule:** Meets will begin after the school year ends (specific dates TBD).
- **Hosted by:** USATF (USA Track and Field).
- **Days:** All meets will take place on Saturdays and may last the entire day.
- **Optional Participation:** Athletes are not required to attend meets.
- **Age Groups:** Athletes will compete against others in their age group.

Additional Meet Information

- **Registration:** Athletes must register with USATF at the beginning of the season. A link for registration will be sent to parents at the start of the season.
 - **Locations:** Regular meets will be within an hour's drive.
 - **Larger Meets:** Athletes can qualify for regional or national invitational meets. Details will be provided during the season.
-

Uniforms

- A uniform top will be provided for athletes competing in meets.
 - Athletes should wear their own bottoms (e.g., shorts, spandex, leggings).
-

Participation and Eligibility

- **Optional Attendance:** All practices and meets are optional.
- **Open to All:** Athletes of all ages and skill levels are welcome to join.
- **School Athletes:**
 - Athletes on a school track team or spring sport should take at least one week off before joining this track season.
 - The first month of practices will focus on general preparation for the season.

Contact Information

For any questions or concerns, please contact Head Coach Trevor Ross at t.ross@gbgymca.org.