



2024 Youth Track Club Meeting Information



Registration Fee - see presentation for staggered fees

- \$250.00 - Full Season - April 1 through the end of July (includes all meet entry fees)
- \$200.00 - Short Season - April 1 through June 2* (includes all meet entry fees)
- \$225.00/\$200.00 - Middle/High School - Post MS/HS season through end of July (includes all meet entry fees)

Ages

- 6 to 18

Practice

Starts Sunday, April 1, 2024, at the Johnston Middle School track.

- Practice schedules will be available for each month before practice starts - subject to change
- Back-up location - Summit Middle School Track/Beaver Creek Elementary

Days and Times

- Sunday: 5:00 - 6:45 p.m.
- Monday: 6:00 - 7:45 p.m.
- Wednesday: 6:00 - 7:45 p.m.

Running practices will only be the first 1:15 of practice. The final 30 minutes is designated for field events and hurdles. Only athletes who are practicing field events or hurdles will need to attend the final 30 minutes.

Times/locations may vary in April and May due to high school practice schedules

Changes and cancellations posted on Facebook, X (@JohnstonRunning), by e-mail, and SportsEngine app.

Memberships

Membership with USA Track & Field (USATF) is required prior to athlete registration. Athletes are also encouraged to obtain membership with Amateur Athletic Union (AAU). These memberships are necessary for the athlete to participate in the state AAU or USATF meets. USATF membership also provides supplemental insurance coverage. The memberships are in addition to the club registration fee and it is the responsibility of parents to obtain these memberships. Membership links are available on our website.

Expectations of Athletes and Parents

- Respect coaches and their decisions
- Work hard at all times
- Arrive on time to practice, pick up on time
- Respect and cheer for teammates at practice and meets
- Spikes will be worn at practice only with the coach's permission
- Athletes should ALWAYS have a pair of running shoes

Expectations of Coaches

- Commitment to do what's best for the athletes
- Regular communication to athletes and parents
- Treat athletes with respect and coach in a positive manner



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Contact Information

- Website: johnstonrunningclub.com
- E-mail: johnstonrunning@gmail.com
- Britta Wey (515) 770-2038

Coaches

- Britta Wey - sprints & jumps
- Kyle Keraus - distance
- Julie Pewe - distance
- Brian Guillaume - sprints/mid-distance
- Parent coaches - TBD

Meets

Meets usually take place on either Saturdays or Sundays. You are not required to stay at the meet the entire day but are encouraged to in order to cheer for teammates. We cannot predict the exact time that each event will take place as they are run on a rolling schedule. Athletes are required to participate in at least 2 meets. Practices are geared toward competing in the meets. Parents are responsible for transportation to all meets. All meets now require advance registration by the club. Information will be communicated via e-mail as registration deadlines approach. Please respond timely for meets your child will participate in.

Date/Dates	Meet	Location
TBD	Multiple (TBD)	TBD
May 23	JRC/ATC Relay Meet	Johnston Middle School (Johnston, Iowa)
June 2	Johnston Running Club Track Meet	Johnston High School (Johnston, Iowa)
June 8	AAU State Meet**	Des Moines, Iowa
June 15 & 16	USATF State Meet*	Iowa State University (Ames, Iowa)
June 27-30	AAU Regional Meet**	Des Moines, Iowa
July 4 - 7	USATF Regional Meet*	Aberdeen, SD
July 22 - 28	USATF National Meet*	College Station, TX
July 28 - August 3	AAU National Meet**	Greensboro, NC

* = Requires USA Track & Field Membership

** = Requires Amateur Athletic Union Membership

Athletes must qualify to advance to regional and national meets in both the AAU and USATF.

Ages for meets are determined by the age on December 31, 2024.

Age Division	Year of Birth	Number of Events Allowed
8 & Under – Sub Bantam (SA)	2016+	3
9-10 – Bantam (A)	2014-2015	3
11-12 – Midget (B)	2012-2013	3
13-14 – Youth (C)	2010-2011	4
15-16 – Intermediate (D)	2008-2009	4
17-18 – Young Women/Men# (E)	2006-2007	4

= Athletes born in 2005 can participate if still 18 through the end of the national meet (August 3)