



COLORADO SPRINGS STRIDERS TRACK & FIELD CLUB 2023-2024 INDOOR SEASON

The Strider Indoor season runs from November 2, 2023 to February 17, 2024

REGISTRATION

Register for the club online at csstriders.com. On the HOME page scroll down to INDOOR SEASON 2024 and register for the club.

USATF REGISTRATION

Go to usatfcolorado.org, then select MEMBERSHIP. Our club number is 0139. The cost of the card is \$30.00. You must have your USATF Card before you can practice.

CLUB FEE

\$350.00 for the season.

UNIFORMS

Purchased by members online through SQUADLOCKER- Go to the Strider website and click on Squadlocker or MORE and then Squadlocker. For additional Info please contact Rebecca Williams at (256) 970-5739 or rwilliamscssecretary@gmail.com

MEET FEES: Usually \$10.00 per event
Paid by athletes

USATF JUNIOR OLYMPIC FORMAT

Athletes compete normally in two year age groups. Your competition age is determined by the age that you will be at the end of the calendar year. Exception: If you turn 19 after the Junior Olympic Nationals (July 28) you may compete in the 17-18 age group.

USATF COLORADO INDOOR AGE GROUPS are 8 & under**, 9-10, 11-12, 13-14, 15-16, 17-18**

(**Some meets may have a 10 & under and 15-19 age groups.)

STRIDER INDOOR EVENTS

55M, 60M, 200M, 400M, 800M, 1500M, Mile, 3000M, Mile Relay, Long Jump, Triple Jump, High Jump, Shot Put

PRACTICE INFO

We practice Tuesday and Thursday from 5:30-7:30 in the UCCS Fieldhouse located at 760 North Campus Heights, Colorado Springs 80918. We will have a Wednesday Strength and technique practice starting November 29th at D1 Training located at 5815 Mark Dabbling Blvd. Colorado Springs 80919 . Our first day of practice for the indoor season will be on November 2, 2023.

Athletes please wear a sweat top and sweat bottoms, along with running shorts and a water bottle for each practice. Once you get your Strider practice sweats please wear them to every practice.

STRIDER TENTATIVE INDOOR SCHEDULE

Jan 7	All-Comers	USAFA
Jan 14	Martin Luther King Mile High Classic	USAFA
Jan 21	All-Comers	USAFA
Feb 3	USAFA High School Open	USAFA
Feb 4	TBD	TBD
Feb 11	Colorado Association JO Championships	USAFA
Feb 15-17	SIMPLOT GAMES (High School Only)	Pocatello Idaho