



Now in our 14<sup>th</sup> year, the **Tri-State Athletic Club** is a USA Track & Field-member (USATF), volunteer, **YOUTH TRACK & FIELD/CROSS-COUNTRY CLUB** open to **any & every kid ages 6 & up** regardless of experience and/or ability. Our mission is to help grow the sport of **track & field/cross country** by **providing quality instruction** and competitive opportunities in a **challenging, but fun, environment**. Our athletes have enjoyed **success** at the **Association, Regional, and National** level, including medalists at both the **USATF Youth Outdoor Championships** and **USATF National Junior Olympic Track & Field Championships**, and a **National Champion in Cross Country**

**SPRING/SUMMER 2018 (April-July):** Registration and practice begin on Monday, April 9<sup>th</sup>. There is never a deadline for joining the club. However, there are deadlines for individual meet entries

**PRACTICES:** Monday through Thursday beginning at 6:00pm until 7:30-8:00pm. From April through the beginning of May, we will meet at Ritter Park at, or near, the NEW shelter. We will update locations from that point on. Kids should come prepared with appropriate shoes, clothes (shorts, shirt, sweatpants or tights), and something to drink (preferably water)

**COMPETITIONS/TRAVEL:** We compete in the USA Track & Field Jr Olympic program which includes Association, Regional, and National championships. We are part of the West Virginia Association and Region 5 (MI, OH, WV, KY, Lake Erie). Athletes must qualify to the Region 5 meet from the WV Association meet. We also compete in other youth meets as well. We make every effort to keep travel to a minimum

**MEMBERSHIPS:** \$100 per child (\$300 family max). That covers 1 YEAR from the season in which they join (Spring/Summer, Fall/Cross Country, or Winter/Indoor Track) so that families have as many opportunities to participate as possible. The membership also includes their individual USATF membership and a uniform, which is theirs to keep. All remaining funds go towards meet entry fees and expenses like equipment.

**OUR GOAL** is to provide each child who participates with the opportunity to challenge themselves so that they can find a level of personal success and accomplishment. We **DO NOT** promise greatness or championships. We **DO** promise that we will do everything we can to help them grow and succeed

For any questions, please contact **Coach Jason Lea** at **304-617-3044** or [coach.lea@tristateac.org](mailto:coach.lea@tristateac.org). You can also find and contact us on **Facebook** by searching for **Tri-State Athletic Club**

## **2018 Meet Schedule**

(subject to change)

### **Summer\*\***

Sunday, May 20	Columbus Track & Field Classic	Pickerington, OH
Saturday, June 2	Ny' esha Flanigan Memorial Invitational	Cincinnati, OH
Fri & Sat, June 8-9	Capital City Striders Invitational	Charleston, WV
Saturday, June 16	USATF West Virginia Association Meet	Charleston, WV
Thur-Sun, July 5-8	USATF Region 5 Championship	Mt. Olivet, MI
Saturday, July 14	Queen City Invitational	Cincinnati, OH
Fri-Sun, July 20-22	Russell Blunt East Coast Invitational	Durham, NC
Mon-Sun, July 23-29	USATF National Jr Olympic Track & Field Championships	Greensboro, NC

### **Fall**

Saturday, November 10	USATF WV Association Cross Country Meet	Charleston, WV
Saturday, November 17	X-Country Coaches National Youth Championships	Louisville, KY
Saturday, December 8	USATF National Jr Olympic Cross-Country Championships	Reno, NV

### **\*\* Please note:**

- 1) The dates listed for multiple day meets represent the total span of the meet, not necessarily the total number of days an athlete will be competing
- 2) The Region 5 and USATF National Jr Olympic Championships must be qualified for, beginning at the USATF WV Association Meet
- 3) Families are not expected to compete at every meet