



# 2024 SUMMER TRACK & FIELD PROGRAM

The Southwest Ohio Track Club is a tax-exempt non-profit organization. We focus on providing instruction in Track and Field to elementary, middle school, high school, post collegial, and masters’ athletes. The Summer season includes practices and completions in all track and field events including: hurdles, sprints, distance, pole vault, high jump, long jump, and throwing events. Come try something new or develop your existing talents! Just bring your running shoes!

Our skilled coaching staff is extremely qualified, having competed or coached at nearly all levels...up to and including the Olympics!! Athletes from nearly all schools in the Miami Valley have participated in the SWOTC summer track and field program. With the extra practice and skilled coaching many have gone on to win HS state titles and become collegiate athletes and even National Champions.

**The Track & Field program starts May 28<sup>th</sup>, 2024 and continues thru the end of July depending on an athlete’s competition schedule. The practices are Monday, Tuesday, and Thursday.**

Club Membership is \$60 and includes all coaching as well as equipment and facility use. Discounts are available for families with multiple siblings participating at the same time. No discounts will be given for missed practices. The club membership does not include any competition entry fees. A SWOTC uniform must be worn during USATF competitions. Please talk to one of the coaches if you need more details.

**Practices for ages 7-12: Mondays, Tuesdays and Thursdays May 28<sup>th</sup> – July 23<sup>rd</sup> 5:00 - 6:00 PM**

**Practices for ages 13+: Mondays, Tuesdays and Thursdays May 28<sup>th</sup> – July 23<sup>rd</sup> 6:00 - 7:30 PM\***

**\*Practice may extend beyond 7:30 for specific events...talk to your event coach!**

**Location: Yellow Springs High School, John Gudgel Track, 420 E Enon Street, Yellow Springs**

**Meet Schedule (See Mini Meet flyer for details)**

June 4, 2024	Pole Vault Night 1	June 5, 2024	Mini Meet 1
June 11, 2024	Pole Vault Night 2	June 12, 2024	Mini Meet 2
June 25, 2024	Pole Vault Night 3	June 26, 2024	Mini Meet 3
July 9, 2024	Pole Vault Night 4	July 10, 2024	Mini Meet 4

### USATF Track and Field Meets

- \*\*\* USATF Ohio Association Junior Olympics, Cedarville University, OH (Ages 7-18)
- July 18-21, 2023 USATF Masters Outdoor National Championships, Sacramento, CA (Ages 25+)
- July 22-28, 2023 USATF National Junior Olympic Championships, College Station, Tx (Ages 7 - 18)

See [www.swotc.org](http://www.swotc.org) or Contact Coach Ben Tarwater at [headcoach@swotc.com](mailto:headcoach@swotc.com) or Coach Val Czyzewski at [president@swotc.org](mailto:president@swotc.org) for more information.

