



# 2025 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 June 2nd, 2025 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. Optional USATF membership is available for \$25 to participate in USATF sponsored meets. 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 June 2nd – July 22<sup>nd</sup> 5:00 - 6:00 PM**  
**Practices for ages 13+: Mondays, Tuesdays and Thursdays June 2nd – July 22<sup>nd</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)

## USATF Track and Field Meets

June 10, 2025	Pole Vault Night 1	***	USATF Ohio Association Junior Olympics
June 11, 2025	Mini Meet 1		Cedarville University, OH (Ages 7-18)
June 17, 2025	Pole Vault Night 2	July 17-20	USATF Masters Outdoor National Championships
June 18, 2025	Mini Meet 2		Huntsville, AL (Age 25+)
July 1, 2025	Pole Vault Night 3	July 21-27	USATF National Junior Olympic Championships
July 2, 2025	Mini Meet 3		Greensboro, NC (Ages 7-18)
July 8, 2025	Pole Vault Night 4		
July 9, 2025	Mini Meet 4		

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