



2023 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 30th, 2023 and continues thru the end of July depending on an athlete's competition schedule. The practices are Monday, Tuesday, and Thursday.**

Club Membership is \$50 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 May 30th – July 20th 5:00 - 6:00 PM
Practices for ages 13+: Mondays, Tuesdays and Thursdays May 30th – July 20th 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 6, 202	Pole Vault Night 1
June 7, 2023	Mini Meet 1 (Including 0-7 age 100m race)
June 20, 2023	Pole Vault Night 2
June 21, 2023	Mini Meet 2
June 27, 2023	Pole Vault Night 3
June 28, 2023	Mini Meet 3
July 11, 2023	Pole Vault Night 4
July 12, 2023	Mini Meet 4

USATF Track and Field Meets

June 17/18, 2023	USATF Ohio Association Junior Olympics, Cedarville University, OH (Ages 7-18)
July 20-23, 2023	USATF Masters Outdoor National Championships, Greensboro, NC (Ages 25+)
July 24-30, 202	USATF National Junior Olympic Championships, Eugene, Or (Ages 7-18)

See www.swotc.org or Contact Coach Ben Tarwater at headcoach@swotc.com
or Coach Val Czyzewski at president@swotc.org for more information.