

SEASON STARTS TUESDAY, MAY 28TH
SEASON ENDS SATURDAY, AUGUST 3RD

- 9-weeks [approximately]
- 6 track meets
- 28 total practice days
- 35 total training hours

The NFRONT Track Club 2024 AAU and USATF summer track season will run from May 28th to August 3rd culminating at the AAU Junior Olympic Games in Greensboro, NC [North Carolina A&T University]. The 2024 NFRONT Track Club meet calendar will aim primarily at AAU-sanctioned events, however, there will be cross-over opportunities to qualify and attend the USATF-sanctioned Junior Olympics taking place in College Station, TX [Texas A&M University]. Track club season participants must be current AAU and USATF members, fees of which are included as part of each athlete's team registration.

NFRONT Track Club will hold track practice at two main training locations throughout the 2024 summer season, both located in Gurnee, IL. On-track training will take place at Warren Township High School track. The primary off-track location is Warren Township Park. Practice takes place up to 4 days per week.

Warren Township Park
17801 W Washington St
Gurnee, IL 60031

MON, WED
7:00 – 8:00pm

Warren Township High School Track
34090 Almond Rd
Gurnee, IL 60031

TUE, THU
7:00 – 8:30pm

TEAM FEES
\$450, \$395 for each additional sibling

Includes AAU and USATF membership fee, event entry fees for 5 track meets (not including National or Junior Olympic Championships), training facility rental and insurance cost, and 4-piece team uniform set. Includes: jersey top, bottoms, pullover top, and warm-up pants.

BIRTH CERTIFICATE COPY REQUIRED [Ages 6 – 18]

Payable by cash, credit/debit card, check [payable to NFRONT Track Club], Zelle and Venmo

Zelle: payments@nftrackclub.org
Venmo: @NFRONTTC

TRAINING ONLY
\$295

This option is for athletes who only want to train alongside the team during the weekly practices. Includes 8 weeks of training, up to 28 sessions.

SEASON SCHEDULE / CALENDAR #1_ AAU

MAY 2024							
M	T	W	T	F	S	S	Week
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			1

JUNE 2024							
M	T	W	T	F	S	S	Week
					1	2	1
3	4	5	6	7	8	9	2
10	11	12	13	14	15	16	3
17	18	19	20	21	22	23	4
24	25	26	27	28	29	30	5

JULY 2024							
M	T	W	T	F	S	S	Week
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	6
15	16	17	18	19	20	21	7
22	23	24	25	26	27	28	8
29	30	31					9

AUGUST 2024							
M	T	W	T	F	S	S	Week
			1	2	3	4	9
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

AAU	
June 8 – 9 [SAT – SUN]	AAU Central District Qualifier 1 Proviso East High School Maywood, IL
June 15 [SAT]	USATF Jane Dickens Invite Proviso East High School Maywood, IL
June 27 – 30 [THU – SUN]	AAU Region 13 Qualifier Northern Illinois University DeKalb, IL
July 10 [WED]	USATF Wisconsin Summer Meet South Milwaukee High School South Milwaukee, WI
July 20 [SAT]	AAU MKE Speed Academy Invite Wisconsin Lutheran College Wauwatosa, WI
July 27 – August 3 [SAT – SAT]	AAU Junior Olympic Games North Carolina A&T University Greensboro, NC

	Practice – TRACK
	Practice - Off-Track
	Track Meet

The above can change at any time due to unforeseen circumstances.

SEASON SCHEDULE / CALENDAR #2_ USATF

MAY 2024							
M	T	W	T	F	S	S	Week
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			1

JUNE 2024							
M	T	W	T	F	S	S	Week
					1	2	1
3	4	5	6	7	8	9	2
10	11	12	13	14	15	16	3
17	18	19	20	21	22	23	4
24	25	26	27	28	29	30	5

JULY 2024							
M	T	W	T	F	S	S	Week
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	6
15	16	17	18	19	20	21	7
22	23	24	25	26	27	28	8
29	30	31					

AUGUST 2024							
M	T	W	T	F	S	S	Week
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

USATF

- June 15 [SAT]**
USATF Rochelle Invitational
Rochelle Township High School
Rochelle, IL
- June 21 – 23 [FRI – SUN]**
USATF Region 7 State Meet
University Of Illinois Demirjian Park
Champaign, IL
- June 29 [SAT]**
USATF Bob Nehills DuPage Invite
Lake Park High School
Roselle, IL
- July 13 – 14 [SAT – SUN]**
USATF Region 7 State Meet
Indiana (TBA)
Indianapolis, IN
- July 20 [SAT]**
AAU Helen Scott-Owens
Benedictine University
Lisle, IL
- July 22 – 28 [MON – SUN]**
USATF Junior Olympics
Texas A&M University
College Station, TX

	Practice - TRACK
	Practice - Off-Track
	Track Meet

The above can change at any time due to unforeseen circumstances.

AAU and USATF

NFRONT Track Club participates in both AAU and USATF-sanctioned meets. Each organization has separate age divisions as listed below determined by year of birth (age on December 31st). The AAU Athletics Program is comprised of nine youth age divisions plus Open and Masters. USA Track and Field (USATF) youth competitions typically take place in two-year age divisions, and athletes in the OPEN division are ages 19 to 30 and MASTERS division are ages 31 and up.

2024 Age Divisions

Year of Birth	AAU	USATF
2016 & After	8 & Under	8 & Under
2015	9	9-10
2014	10	9-10
2013	11	11-12
2012	12	11-12
2011	13	13-14
2010	14	13-14
2008-2009	15-16	15-16
2006-2007	17-18	17-18
1994-2005	OPEN	OPEN
1900-1993	MASTERS	MASTERS



The Amateur Athletic Union (AAU) is one of the largest, non-profit, volunteer, multi-sport event organizations in the world, the AAU is dedicated exclusively to the promotion and development of amateur sports and physical fitness programs. The AAU philosophy of "Sports For All, Forever" is now shared by nearly 800,000 members and 150,000 volunteers across 50+ sports programs and 55 U.S. districts.

<https://aausports.org/>



Based in Indianapolis, USA Track & Field (USATF) is the National Governing Body for track and field, long distance running, and race walking in the United States. USATF encompasses the world's oldest organized sports, the most-watched events of Olympic broadcasts, the number one high school and junior high school participatory sport, and more than 30 million adult runners in the United States.

<https://www.usatf.org/>

UNIFORMS

Each athlete will receive a full uniform, however replacements are available. Turnaround time to receive is approximately 2-weeks. Rush orders may be possible depending on circumstances.

Sublimated men's fitted track singlet

\$35



Sublimated men's track split short with inner brief

\$25



Sublimated men's 1/4 zip long sleeve pullover

\$40



Sublimated men's track pant with ankle zips

\$50



Sublimated women's fitted track singlet

\$35



Sublimated women's compression track short

\$25



Sublimated women's 1/4 zip long sleeve pullover

\$40



Sublimated women's track pant with ankle zips

\$50



2024 SEASON _ Registration Form

Please complete all sections and direct this form to registration@nfrackclub.org



Athlete Name	Gender	Age	
Mailing Address	City	State	Zip
Parent / Guardian	Phone	E-mail	
Emergency Contact	Phone	E-mail	
Insurance Company	Allergies / Medical		

FEES

Initial payment due by Friday, May 17th. Includes AAU and USATF membership fee, event entry fees for 5 meets (not including Jr. Olympics), training facility rental and insurance cost, and 4-piece team uniform set (jersey top, track shorts, pullover top, and warm-up pants).

- \$450** PRIMARY ATHLETE
- \$395** ADDITIONAL ATHLETE
- \$295** TRAINING ONLY

Zelle: payments@nfrackclub.org
Venmo: @NFRONTTC

ENROLLMENT

- Athlete
- Athlete (Additional)
- Training Only

UNIFORM

T-Shirt

- YS YM YL YXL
- AS AM AL AXL

Track Jersey

- YS YM YL YXL
- AS AM AL AXL

Track Shorts

- YS YM YL YXL
- AS AM AL AXL

Pullover

- YS YM YL YXL
- AS AM AL AXL

Warm-up Pants

- YS YM YL YXL
- AS AM AL AXL

EVENTS

- 100 M
- 200 M
- 400 M
- 800 M
- 1500 M
- 3000 M
- Race Walk
- 80/100/110 H
- 200/400 H
- Relay
- Long Jump
- Triple Jump
- High Jump
- Shot Put
- Discus
- Javelin
- Multi-event

PARENTAL / GUARDIAN WAIVER and CONSENT

As a parent or guardian, you should ask coaches, physicians, and other knowledgeable persons about any concerns that you might have at any time about your child's participation or safety. The decision for your child to participate is yours.

ASSUMPTION OF RISKS: Injuries to participants of NFRONT Track Club may occur from risks that are inherent in any athletic activity; from placing stress on the body that has not been prepared for; from accidents in learning or practicing techniques; from failing to follow training, safety, or other rules; from the use of transportation to and from classes; and from administration of first aid. Injury can include direct physical, and possibly crippling, injury to one's body, and emotional injury experienced as a result of inflicting injury to another or witnessing it. The severity of injury can range from minor cuts, scrapes, or muscle strain to catastrophic injury, such as paralysis or even death.

In consideration of NFRONT Track Club permitting my child or ward to participate in its athletic program, I hereby agree on behalf of my child that he or she will assume the risk of injury or death from participating as outlined above. I release NFRONT Track Club, its employees, and/or volunteers from any liability resulting from my child's participation in any activity. This assumption of risk and release binds my child's heirs, estate, executor, or administrator, and assigns all members of my family.

SAFETY INSTRUCTION: I have told my child to obey all directions of the instructors, personnel, and their assistants in charge of the activities; to comply with all safety instructions; and to refrain from horseplay and other unsafe practices.

MEDICAL AUTHORIZATION: In the case of an accident or illness, I authorize NFRONT Track Club to provide medical treatment for my child if I cannot be contacted immediately and I consent to the administration of any and all medical procedures deemed necessary by the attending authorities. I understand that NFRONT Track Club, its staff, and volunteers assume no financial obligations or liability for the immediate medical treatment that they provide to my child.

PHOTOGRAPHY / VIDEO RELEASE: I hereby give permission to NFRONT Track Club to photograph and/or videotape my child. The sole purpose of these photos and/or videos is for publication, advertisement, and exhibition of services by NFRONT Track Club.

I have read the above sections in understanding and acceptance of the information provided, and I have completed the Emergency and Medical Information.

Parent / Guardian
Signature

Date