



Track and Field Info Sheet

Mudsock Track & Field is excited to offer 1st through 12th graders an opportunity to participate in Track and Field. Our focus will be on fitness, fun and training to participate in meets. Track meets will include Mudsock Track & Field sponsored meets, Indiana Youth Track Association (IYTA) meets (generally 4 meets which take place at the end of May and throughout the month of June) and the USA Track & Field State Meet held in Mid June, with the opportunity to advance to the Regional meet (early July) and Nationals (late July). The full meet schedule will be available at club web site prior to the season. Our program is a great introduction to Track and Field or an opportunity to expand and extend the Track and Field season offered by local schools. Our athletes range from first time track athletes to nationally ranked track athletes. We encourage Mudsock Track and Field Athletes to participate in their school track program (if offered by their school) during the season. All athletes will participate in the Indiana Youth Track Association (IYTA) events, this is included in your entry cost.

Beginning in late February-early March, you will start to receive the weekly newsletter. Please read the weekly newsletters carefully as it provides all information you will need during the season. If you do not receive the newsletter in early March please contact us at fishersfire@gmail.com or if you have any questions.

When

NEW this season: There will be NO Uniform Distribution Day. Uniforms and spirit wear will be purchased directly through the vendor via a link. This link will be sent to all registrants via email, in our weekly newsletter and posted on our site. Please note, Track and Field AND Cross Country use the same uniforms which can be reused and/or passed down from season to season. It's our goal to minimize the cost as much as possible for your athletes to participate in our league!

**Any promotions for running shoes, spikes and gear will be communicated as the season approaches.*

FIRST PRACTICE and PARENT MEETING: April 17th at 10:00 a.m.

The season runs from April 17th through early July, with Regional and National qualifiers able to compete through July. Monday and Thursday 6 p.m. to 7:30 p.m., and Saturday Mornings 10 a.m. to 11:30 a.m.

Where

All practices are held at Riverside Intermediate/Jr. High School track located on Eller Road unless otherwise notified. The track is located behind the school.

Events (Availability of events varies by age group)

Sprints (100m, 200m), Hurdles (80, 100,110, 200, 400), Middle Distance (400m, 800m), Distance (1500m, 3000m), Relays (4x100, 4x400), Throws (discus, shot put, javelin) and Jumps (high, long, triple).

USATF age groups (These are the age groups the athletes will be placed in for competition. Age is determined by the child's age as of December 31, 2020)

8 yr old & under (Sub Bantam 2011-+)

9 & 10 yr old (Bantam 2009/2010)

11 & 12 yr old (Midget 2007/2008)

13 & 14 yr old (Youth 2005/2006)

15 & 16 yr old (Intermediate (2003/2004)

17 & 18 yr old (Young Adults 2001/2002)

Additional Membership Requirements and Costs

IYTA Membership (covered under your registration fee) - All Mudsock Track & Field athletes automatically receive membership in the Indiana Youth Track Association (IYTA) including entry into IYTA sponsored meets. (All IYTA meets are local: Westfield, Noblesville and Fishers). We will participate in 4 IYTA events during the year, which make up most of the track meets. Athletes will be responsible for all costs of travel to all meets and for all fees to enter non-Mudsock Track & Field/IYTA sponsored meets.

USATF Membership (cost \$20) - All athletes must be registered for a USATF membership by visiting USATF.org and using the **FIRE code 16-0177** to link with our team. Membership lasts one year and must be renewed. You can upload the athletes birth certificate directly to their account and **MUST DO SO** for proof of age in order to compete at the USATF State, Regional & National meet.

AthleticNET Account (FREE) – Families are encouraged to create a free account for their athlete at Athletic.net so that they can keep track of their athletes records throughout their Track & Field and/or Cross Country career.

Parental Volunteering

Volunteers are necessary for Mudsock Track & Field to flow. When you sign up to volunteer, Mudsock Youth Athletics will email you a link to a background check to complete. Parents interested in assistant coaching can contact Coach Dani at fishersfire@gmail.com. We will provide all the information, coach training and workouts needed to assist the Head Coaches. **We need to recruit six additional coaches** to add to the coaching team, who can commit to practice times and meet times depending on their events. We are interested in individuals who want to help our community of athletes find their natural talent and competitive spirit and then put it into action on the track!

Additional Information

More Information is available at www.fishersfire.info. Further inquiries can be made by email at fishersfire@gmail.com