

Registration

REGISTRATION FEES ARE NON-REFUNDABLE and all submitted online.

Your first step is the purchase of a \$30 USATF membership.

A legibly SCANNED PHOTO and an image of a new ATHLETE'S BIRTH CERTIFICATE MUST be uploaded onto the USATF website. USATF memberships are purchased and renewed online at www.usatf.org.

Your second step is to return to the Track Houston website and register your athlete. The Track Houston Registration is **\$300** for the first athlete, **\$275** for the second and **\$250** for the third and each athlete thereafter. The fee for 17-18 athletes (2007-2008) is **\$200.00** (the year-end event is not included). 17-18 athletes may purchase year-end event tickets at the end of the season. Registration fee includes: uniform, t-shirt, mandatory fundraiser, and a year-end event.

Youth Age Divisions

Youth competitions take place in two-year age divisions.

The age divisions for competition year 2025 are as follows:

Age Division	Year of Birth
8 & Under	2018-2017*
9 – 10	2016-2015
11 - 12	2014-2013
13 - 14	2012-2011
15 - 16	2010-2009
17 - 18	2008-2007**

* Pursuant to USATF Rule 300.1 (c) "Athletes **must be** at least seven (7) years of age on December 31 of the current year to compete at the Youth Athletics or Junior Olympic National Championships."

** Athletes **born in 2006** who are still 18 through the final day of the USATF National Junior Olympic Track & Field Championships are eligible to compete in the 17-18 divisions through that meet. This extended eligibility does not apply to Cross Country events.

Track Meets

Parents are not allowed on the track or the immediate competing field area.

Athletes should check-in with their Age Division Head Coaches at each track meet. Regular water consumption is a must. Avoid sports drinks and opt for pomegranate juice or coconut water. Snack on bagels, fruit, lean meats and nuts. Sunblock, a cooler, an umbrella and a lawn chair are strong recommendations.

Meet Fees

Meet entry fees will range from approximately \$10 to \$15 for athletes and \$12 to \$15 for spectators. Qualifying and championship fees are announced prior to the qualifying rounds.

Method of Payment

Payment method is via credit card or athlete's Restricted Fund Accounts. **Only corporate/company checks are accepted.** A \$50 charge will be accessed on returned checks.

Fundraisers

Please take advantage of the fundraisers. Seek out corporate or matching funds to assist with travel and competition fees. Each athlete is required to participate in the Track Houston raffle to recoup \$30.00 of the registration fees. Funds from the mandatory fundraiser are used toward equipment and operating expenses.

Spikes and Running Shoes

Athletes must train in running shoes and compete in spikes or the appropriate event shoes. Take advantage of our 'Gently Used Spikes' program where donations are accepted.

Basketball shoes are not allowed. Sneakers worn daily for more than three months should be replaced for the athlete's safety and effective performance.

Parent Meetings

Parents are required to attend parent meetings throughout the season. A mandatory travel meeting is held prior to competition for the Regional and National meets. Topics cover relay selections, events participation, travel costs, athlete's safety, discipline and penalties for inappropriate behavior.

Volunteers

Interested individuals should speak with the registrar at their practice site regarding areas for volunteerism. Background checks and SafeSport certification are mandatory for all who come into contact with our athletes.

Travel

Qualified athletes travel to USATF and/or AAU sanctioned Regional and National Junior Olympic competitions. Participation in the USATF Youth Outdoor National Championship is optional.

Parents are responsible for travel costs. Parents and 18 year-old athletes are required to sign a Disciplinary Contract prior to athlete's travel.

Travel Packages include: air or bus fare, hotel, local transportation and breakfast.

Handbook

The Eighteenth Edition of the Club's Handbook covers our program overview. This is our general information, policies and procedures concerning chaperones, travel, code of conduct, coaching philosophy, training philosophy, relay selection and fundraising.

Practice Locations

Please visit our website for our locations, maps and contacts.
<http://www.trackhouston.com/track-and-field1.html>

Athletic Directors and Executive Officers contact information:

Athletic Director: **Donna Taylor-Iles**, 713-240-5779
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