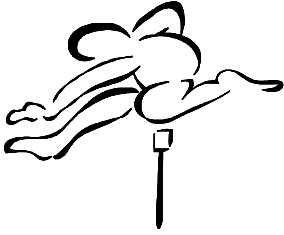




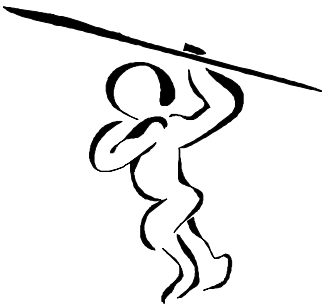
Spanish Fork Summer Track Club



Offered for anyone ages 7 - 15 (age as of Dec. 31, 2019). The Track Club will workout two times per week (Mon. & Wed.) in April & May from 5:00 - 6:00 pm. Once school is out, practices will be held (Mon. & Wed.) from 8:30 - 9:30 in the mornings.

Youth will compete within age groups as follows:

2011-2012 2009-2010 2007-2008 2004-2006



Participants will be able to do various events including:

- * Sprints
- * Relays
- * Distance Running
- * Field Events



The Track Club will be coached by Darin Cable, the head track coach for Spanish Fork High School, along with other staff, to make this a quality experience.



The Track Club is sanctioned through CUTFA (Central Utah Track & Field Association). Meets will be held on weekday evenings or Saturdays. Those who wish to participate in USATF may do so, but must sign up individually with USATF.

Early Registration deadline - Tuesday April 16

Early Registration fee is \$40

After April 17 - Regular Registration fee is \$45

Non-City Residents add \$10.00.

New Participants will need to purchase a Spanish Fork Track Club Sportek shirt, **\$7.00**. Last year's participants can still use last year's shirt or may purchase a new one for this year.

Register at our recreation office located at 775 N. Main Street

or online at : reconline.spanishfork.org



Official Practices will begin on Monday, April 22 at 5:00 pm at the Spanish Fork High School Track, with a meeting for the Parents @ 6:00 pm



Sign Up TODAY!