

# Sauganash Striders

running club founded by Coach Murphy

## Track & Field Session I May 23rd - June 23rd 2019

The session is designed for motivated novice and experienced runners and jumpers. The focus for the athletes will be on general speed training and running skills. Additionally, the program will focus on a customized training plan toward the individuals strengths and interest in specific track & field events. The running events at the meets range from the 100m all the way up to the 3000m distance. In addition to the running events we will cover high jump, long jump, shot put and javelin. If you are just interested in doing field events you can sign up to do just that. Practices will be held rain or shine. Please bring water bottle and track spikes (if you have them and only to practices at Notre Dame and Old Orchard Jr High). All athletes will receive a Sauganash Striders tech T-shirt.

This session is geared towards (but not ONLY for) the USATF (USA Track & Field) Illinois Association Junior Olympics - Track & Field. This meet takes place on June 21st-23rd at Illinois Benedictine University in Lisle, IL. (about 50 min away). The top eight finishers in each event in each age group at the Junior Olympics meet qualify for the Midwest Championship meet in Joliet, Illinois. You can go to QASRUNS.com website under the Sauganash Striders link for more detailed information about the Junior Olympics meet and prior year meet results. In addition, we will participate in the Rochelle Invitational track meet on Saturday, June 15th and the Kankakee Invite track meet on June 8th.

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**Session Fee: \$170 (\$310 for two from one family)**

**Includes:**

- Sauganash Striders Club T-shirt
- Individualized workouts
- Coaching
- Supervision from coach(es) at three track meets (transportation & entry fee not included)

Track practices:

Thursday May 23rd 6:00-7:30pm-Old Orchard Jr High  
Saturday May 25th 7:00-8:30am - Old Orchard Jr High

Tuesday May 28th 6:00-7:30pm-Notre Dame High School  
Thursday May 30th 6:00-7:30pm - Old Orchard Jr High  
Saturday June 1st 7:00-8:30am - Old Orchard Jr high  
Tuesday June 4th 6:00-7:30pm-Notre Dame High School  
Thursday June 6th 6:00-7:30pm-Old Orchard Jr High  
**Saturday June 8th Kankakee Track Club Invite Meet**  
Tuesday June 11th 6:00-7:30pm-Notre Dame High School  
Thursday June 13th 6:00-7:30pm-Old Orchard jr High

**Saturday June 15th - 9AM Rochelle Track Meet**

Monday June 17th 6:00-7:30pm -Notre Dame High School/Old Orchard Junior High

Wednesday June 19th 6:00-7:30pm- Old Orchard Junior High

**Friday June 21st-Sunday 23rd - USATF Junior Olympics Meet (at Benedictine University, Lisle IL)**

High Jump practices:

At all Notre Dame practices.

Additional indoor high jump practices :

TBD

Long Jump practices:

At all Notre Dame and Old Orchard practices

Practices will be held at either: Old Orchard Jr High School in Skokie or Notre Dame High School. High Jump practice will be either at Notre Dame High School or indoors at a gym.

**Age Groups for Junior Olympics**

<b>Age Division</b>	<b>Year of Birth</b>
8 & Under (previously Sub-bantam)	2011+*
9 - 10 (previously Bantam)	2009-2010
11 - 12 (previously Midget)	2007-2008
13 - 14 (previously Youth)	2005-2006
15 - 16 (previously Intermediate)	2003-2004
17 - 18 (previously Young)	2001-2002**

## USATF 2019 Junior Olympics Track & Field Events by Age group (except for combined events such as the pentathlon, etc.)

### 9-10 DIVISION

100 Meter Dash	High Jump	Triathlon: Shot Put - 6 lb.
200 Meter Dash	Long Jump	High Jump
400 Meter Dash	Shot Put - 6 lb.	200 Meter - G
800 Meter Run	Mini Javelin - 300g	400 Meter - B
1500 Meter Run	4x100 Meter Relay	
1500 Meter Race Walk	4x400 Meter Relay	

### 11-12 DIVISION

100 Meter Dash	80 Meter Hurdles - 30"	4 x 800 Meter Relay
200 Meter Dash	Long Jump	Pentathlon: 80m Hurdles
400 Meter Dash	High Jump	Shot Put - 6 lb.
800 Meter Run	Shot Put - 6 lb.	High Jump
1500 Meter Run	Discus - 1kg	Long Jump
3000 Meter Run	Aero Javelin - 450g (2017)	800 Meter Run - G
1500 Meter Race Walk	4 x 100 Meter Relay	1500 Meter Run - B
	4 x 400 Meter Relay	

### 13-14 DIVISION

100 Meter Dash	4 x 800 Meter Relay	Discus - 1kg
200 Meter Dash	100 Meter Hurdles - B-33"	Pole Vault
400 Meter Dash	100 Meter Hurdles - G-30"	Javelin - 600g
800 Meter Run	200 Meter Hurdles - 30"	Pentathlon: 100m Hurdles
1500 Meter Run	High Jump	Shot Put - B 4kg, G 6 lb.
3000 Meter Run	Long Jump	High Jump
3000 Meter Race Walk	Triple Jump	Long Jump
4 x 100 Meter Relay	Shot Put - B-4kg	800 Meter Run - G
4 x 400 Meter Relay	Shot Put - G-6 lb.	1500 Meter Run - B

### 15-16 DIVISION

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	

### 17-18 DIVISION

100 Meter Dash	4 x 400 Meter Relay	Triple Jump
200 Meter Dash	4 x 800 Meter Relay	Shot Put - B-12 lb., G-4kg
400 Meter Dash	110 Meter Hurdles - B-39"	Discus - B-1.6 kg, G-1kg
800 Meter Run	100 Meter Hurdles - G-33"	Javelin - B-800g, G- 600g
1500 Meter Run	400 Meter Hurdles - B-36"	Hammer - B-12lb., G-4kg
3000 Meter Run	400 Meter Hurdles - G-30"	Decathlon - B
2000 Meter Steeplechase	High Jump	Heptathlon - G
3000 Meter Race Walk	Pole Vault	
4 x 100 Meter Relay	Long Jump	