

Sauganash Striders

running club founded by Coach Murphy

Track & Field Session June 9th - July 20th 2025

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, if any are interested, we will cover high jump, long jump, shot put and javelin.

Practices will be held rain or shine. Please bring water bottle and running shoes. All athletes will receive a Sauganash Striders tech T-shirt.

The sessions are geared towards (but not ONLY for) the USATF (USA Track & Field) Illinois Association Junior Olympics - Track & Field. This meet takes place on June 20th-22rd location to be determined. The top eight finishers in each event in each age group at the Junior Olympics meet qualify for the Midwest Region 7 Championship meet in Illinois. The top five finishers at Midwest Region 7 championship move on to the National Championship (location to be determined). In addition, we will participate in the individual meets: Bob Nihills track meet in Roselle on Saturday, June 14th

Email contact: julian.murphy@comcast.net

Summer Track Session : \$265

<p>Monday June 9th 5:15-6:30pm- OOJH Tuesday June 10th 5:15-6:30pm- OOJH Thursday June 12th 5:15-6:30pm- OOJH Saturday June 14th 9am- Roselle, IL - Bob Nihells Youth Open Track Meet</p> <p>Monday June 16th 5:15-6:30pm- OOJH Tuesday June 17th 5:15-6:30pm- OOJH Thursday June 19th 5:15-6:30pm- OOJH Friday June 20th-Sunday 22nd- USATF Junior Olympics Illinois Association Meet (location TBD)</p>	<p>Tuesday June 24th 5:15-6:30pm - OOJH Thursday June 26th 5:15-6:30pm- OOJH Saturday June 28th 8:15-9:30am - OOJH</p> <p>Tuesday July 1st 5:15-6:30pm - OOJH Wednesday July 2nd 5:15-6:30pm-OOJH Saturday July 5th 10:00-11:15am-OOJH</p> <p>Monday July 7th 5:15-6:30pm - OOJH Wednesday July 9th 5:15-6:30pm-OOJH Saturday July 12th & Sunday July 13 - 2025 USATF Region 7 Youth T&F Championships (TBD in Illinois, combined events are July 10-11)</p> <p>Wednesday July 16th 5:15-6:30pm Friday July 18th 5:15-6:30pm</p> <p>Sunday July 20th 5:15-6:30pm - OOJH</p>
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Practices will be held at: Old Orchard Jr High School (OOJH) in Skokie, 9310 Kenton ave

Age Groups for USATF Meets

- **8/Under:** Born 2017-2019
- **9-10:** Born 2015-2016
- **11-12:** Born 2013-2014
- **13-14:** Born 2011-2012
- **15-16:** Born 2009-2010
- **17-18:** Born 2007-2008, and for track & field (not cross country), born after July 27 2006

USATF National Junior Olympic Track & Field Championships, TBD
Monday July 21st to Sunday July 27th - 2025