

PEAK PERFORMANCE TRACK CLUB

ATHLETES RULES AND REGULATIONS

1. Each athlete and parent must sign and complete the Peak Performance Track Club and the USATF registration forms.
2. Each team member must pay the clubs registration fees and present a copy of their Birth Certificate at registration.
3. Team members must participate in the proper age division in all competitions. An athlete's age is based on what their age will be by December 31, of that year. (Example: An athlete who is 12 years old today and has their 13th birthday on October 10th, will participate as a 13 year old this year.)
4. Team members must wear the Peak Performance Track Club uniform during competition. T-shirts, competition top and jerseys are to be tucked in when participating in competition. Team colors are Orange top with Black shorts.
5. Team members while at practice or competition are to conduct themselves in a courteous manner. There will be No Profanity, Cursing, Back Talk, or Disrespect of coaches, officials, parents, or teammates.
6. No Sitting, Laying, or Jumping on High Jump and Pole Vault Pits at any time. Throwing or Jumping events can only be performed with Coaches Supervision.
7. The coach may anytime use his discretion in matters concerning rules and regulations. The coach can impose new rules when necessary.

AGE DIVISIONS

8 & Under Sub-Bantam
9 & 10 Bantam
11 & 12 Midget
13 & 14 Youth
15 & 16 Intermediate
17 & 18 Young Men's & Women's
Athletes Only Area of the web site:

USATF CARDS

Approximately four weeks after registering with our club you will receive a USATF card. You must take this card to every meet for verification. Your card number will also allow you to access the

www.usatf.org