



Swamp Fox Track & Field

Youth track club for ages 5-18.

Our club has been active since the 1980's and averages over 200 athletes of all ages each season!

A.M. CLUB Tues/Thurs 9:00-10:30am@Marion Crisp Complex Track

5 -11 years old. Practice is a fun kid friendly introduction to the sport of track and field taught by some of the finest Southern Illinois high school and collegiate track and field athletes. Events offered: 50m dash, 100m dash, 200m dash, 400m dash, 800m run, mini javelin, shot put, high jump, and long jump.

Club Member Fee \$30.00 Athlete must be 5yrs old by June 1st NO EXCEPTIONS!

Need more info? Call Coach Sara Baker @ 847-345-0351

P.M. CLUB Tuesdays and Thursdays 6:00pm-7:30pm@Marion Crisp Complex Track

12-18 years (or those with previous track experience) Practice for athletes looking to further advance their track and field talents or try something they may not have the option to on their school teams. Events offered: Distance and Middle distance running, sprints, shot, discus, javelin, long jump, high jump, triple jump, hurdles, pole vault, and multi event. All events are coached by local experienced coaches that have knowledge and experience in each area.

Club Member Fee \$40.00

Need more info? Call Coach Eli Baker @ 618-559-8650

**** USATF club travel/away meets info will be provided at 1st/ 2nd practice****

"Mini-Meets" Registration 4:30pm Meet starts at 5:30pm@Marion Crisp Complex Track

Swamp Fox Athletes of all ages and local youth are welcomed and encouraged to attend "mini meets". These summer track meets allow different age groups to compete and win ribbons. Kids love the ribbon meets and older kids enjoy the extended practice season and competition.

Swamp Fox members \$1.00 per event and non members \$2.00 per event.

Our season is flexible and it's not mandatory to attend every practice, as we know, summer is busy ☺

Season Dates:

****May 29**** Optional Early Registration **only** at 5pm-7pm @MHS Track Crisp Complex

May 30th Registration at 8:30am Practice: AM: 9-10:30 PM: 6-7:30pm

June 4th LAST Registration at 8:30am Practice: AM: 9-10:30 PM: 6-7:30pm

June 6thPractice AM 9-10:30am PM 6-7:30pm

June 11th-MINI TRACK MEET Registration 4:30pm Events start @ 5:30pm

June 13th Practice: AM: 9-10:30 PM: 6-7:30pm

June 18th MINI TRACK MEET Registration 4:30pm Events start @ 5:30pm

June 20th/25th Practice: AM: 9-10:30 PM: 6-7:30pm

June 27th FINAL MINI TRACK MEET Registration 4:30pm Events start @ 5:30pm

Registration materials can be printed from Swamp Fox website and filled out prior to registration dates or can be found on site at registration day. We will need insurance name and policy #.

Printing and filling registration forms out prior to registration day is highly recommended.

<https://www.swampfoxtrackandfield.com/>

“SWAMP FOX TRACK AND FIELD CLUB” on Facebook (We post club info, practice, meet weather and updates)