



COLORADO SPRINGS STRIDERS TRACK & FIELD CLUB 2025 OUTDOOR SEASON

The Strider Outdoor season runs from May 19 to July 19, 2025

REGISTRATION

Register for the club online at csstriders.com. On the HOME page scroll down to OUTDOOR SEASON 2024 and register for the club. The last day for registration is **June 1, 2025**. There will be a late registration date **June 7, 2025**. Registration after this date will incur an additional \$25.00 fee.

USATF REGISTRATION

Go to usatfcolorado.org, then select MEMBERSHIP. Our club number is 0139. The cost of the card is \$35.00. You must have your USATF Card before you can practice.

CLUB FEE

\$475.00 for the season.

UNIFORMS

Uniforms will be purchased from the club. For additional Info please contact Rebecca Williams at (256) 970-5739

MEET FEES: Paid by athletes.

PRACTICE INFO

We practice Monday through Thursday from 5:30-7:30pm at the Grace Center, 1655 Pirate Heights, Colorado Springs 80907. We will have a Our first day of practice for the outdoor season will be on May 19, 2025.

Athletes please wear a sweat top and sweat bottoms, along with running shorts and a water bottle for each practice. Once you get your Strider practice sweats please wear them to every practice.

USATF JUNIOR OLYMPIC FORMAT

Athletes compete normally in two year age groups. Your competition age is determined by the age that you will be at the end of the calendar year. Exception: If you turn 19 after the Junior Olympic Nationals (July 27) you may compete in the 17-18 age group.

USATF COLORADO INDOOR AGE GROUPS are 8 & under**, 9-10, 11-12, 13-14, 15-16, 17-18**

(**Some meets may have a 10 & under and 15-19 age groups.)

STRIDER OUTDOOR EVENTS

100M, 200M, 400M, 800M, 1500M, 3000M, 80M Hurdles, 100M Hurdles, 110M Hurdles, 200M Hurdles 400M Hurdles, 400M Relay, 1600M Relay, Long Jump, Triple Jump, High Jump, Shot Put, Discus, Javelin

STRIDER TENTATIVE OUTDOOR SCHEDULE

June 7	Brute All-Comers	Cherokee Trails HS Legacy Stadium, Aurora
June 14	Strider Invitational	The Grace Center Colorado Springs
June 21-22	Colorado Association JO Championships	Legacy Stadium Aurora, CO
June 28	Colorado Association Multi-Events	TBD
July 3-6	USATF Region 10 JO Championships	Mesa, Arizona
July 19	Rocky Mountain State Games	Garry Berry Stadium Colo. Springs
July 21-27	USATF Junior Olympic Nationals	Savannah State Univ. Savannah, Georgia