



Frequently Asked Questions (FAQs)

I am new to the world of Track and Field, tell me more about the Crossroads Track and Field (CTF) Club.

CTF is a non-profit Track and Field Club based in Vandalia, Ohio and was founded in 2021. CTF is a member of the USA Track and Field (USATF) organization and offers outdoor Track and Field along with Cross Country opportunities for both boys and girls. Track and Field is a sport of running, jumping, and throwing. Typical competitions, referred to as “Meets” will take place mostly on the weekends.

What is the age requirement to join Crossroads Track and Field?

Athletes must be 7-18 years old (by December 31st of the participating year) and born between 2006 – 2017.

I am interested in joining Crossroads Track and Field. What is needed to get started?

To join, each Athlete must obtain a USATF Membership (<http://www.usatf.org/home/top-utility-nav-content/membership>) and complete the CTF online registration process for each athlete at www.crossroadstrackandfield.com. An online account will be required for CTF membership and at the completion of the online application all team communication will be established through this account.

What are the associated costs for joining Crossroads Track and Field?

The total CTF cost consist of the following two items:

1. USATF individual membership is \$30.00 + processing fee
2. CTF Membership Fee is \$225.00 + processing fee for each registered athlete.

What does the Membership fees cover?

The USATF Youth membership is designed for athletes 18 years of age and younger by December 31st within the calendar year. Athletes are eligible to compete locally, regionally, and nationally in a variety of USATF sanctioned youth events.

CTF membership covers the cost of uniforms, meet entry fees for all Track and Field meet on CTF schedule, coaching/team support items, training facility cost, and end of the season celebration.



When does the season start for Crossroads Track and Field?

The season starts with outdoor practices on April 19 and ends with the USATF National Youth Junior Olympics on July 30. During this time, the CTF has weekly practices at Butler High School Stadium (600 South Dixie Drive, Vandalia Ohio, 45377) on the following days/dates:

Practices from April 16 – May 23 TBD from 6:15 – 7:30 p.m.

Practices from May 28 – July 18 on Tuesday, Wednesday, and Thursday from 6:15 – 7:30 p.m.

What are the USATF age categories for registering and competing?

Divisions	Birth Year
8 & Under years old	2016-2017
9-10 years old	2014-2015
11-12 years old	2012-2013

Divisions	Birth Year
13-14 years old	2010-2011
15-16 years old	2008-2009
17-18 years old	2006-2007

What are the various track and field events?

Running Race Events:

- » 100 Meter
- » 200 Meter
- » 400 Meter
- » 800 Meter
- » 1500 Meter
- » 3000 Meter
- » Hurdles
- » 4x100m Relay (requires at least 4 athletes within a Division)
- » 4x400m Relay (requires at least 4 athletes within a Division)
- » 4x800m Relay (requires at least 4 athletes within a Division)

Field Events:

- » Long Jump
- » Triple Jump
- » High Jump
- » Javelin
- » Shot Put
- » Discus
- » Pole Vault (pending coach availability)

Note: Athletes ages 12 and under can compete in up to three (3) events, where as athletes ages 13 and older can compete in up to 4 events per Track and Field meet (including relays).



What gear is recommended to participate?

All athletes should have a pair of running shoes for practice and meets and are encouraged to dress appropriately for the weather and elements. Uniforms should be worn at all track meets.

Note: Running spikes and jumping and throwing shoes are optional and not required.

It is required that all athletes bring water and/or sports drinks to practices and meets. In addition, healthy food options such as grains, fruits, vegetables and/or a light protein are necessary for track meets as well. Please see the handbook for additional suggestions or recommendations.

Does my child have to compete in a Track and Field meet?

Athletes are **not** required to compete in Track and Field meets, all meets are optional. However, registration fees remain the same regardless of the level of participation. CTF encourages parents and Athletes to participate in 1-2 of the lesser competitive Track and Field meets of the season for the experience. Please see coaches for details.

Are there any additional expenses required by the athlete/parent?

The athletes/parents are responsible for the running shoes/track spikes, transportation, cost of food and lodging (if applicable) during trips and all meets.

If desired, Spirit wear apparel will be available for purchase throughout the season. The Spirit wear is optional and not required, however, all proceeds will benefit the club.

Where can I buy running shoes, spikes or other specialty shoes?

CTF is proud to have partnered with *Up and Running Fitness Shoes and Apparel* with locations in Dayton and Troy, Ohio. Through the partnership, CTF athletes and their families are given a discount at purchase. Depending on overall sales, a portion of the proceeds may benefit the club.

In addition to Up and Running, there are other sport stores where shoes and spikes can be purchased both online and in-person. If recommendations are needed, please ask one of the coaches.

Who are the coaches?

Coaches are volunteers who are registered with USATF and have undergone and passed the applicable background check. In addition, many of our coaches are Officials for USATF and/or coach for local school districts within the Greater Dayton Area.



What form of communication is used by the club to communicate with parents/athletes?

Communication will be delivered through the CTF website and TeamSnap. CTF Parents are encouraged to download the App and add any family member who should receive the information. In addition, you can follow CTF on social media platforms such as Facebook and Instagram. Parents and athletes are encouraged to stay up to date on all communication as it comes out to include delays or cancellations of practices, meets, etc. Please see the handbook for additional information related to this topic.

Are there volunteer requirements or opportunities?

CTF loves having volunteers! Volunteers make the season and club successful. CTF will need parent volunteers to assist with setting up and breaking down our tents. This space is critical to our athletes to rest away from the elements, eat, get communication updates and of course hangout with their peers.

In addition, CTF is always seeking coaches to assist with practices and to help guide the athletes during track meets. If you or someone you know is interested in being a coach, please go to the registration tab (see snippet below) and click on Coaching Opportunities to sign-up.

The screenshot shows the website's navigation menu with 'REGISTRATION' selected, which has opened a dropdown menu containing 'ATHLETE SIGN-UP' and 'COACHING OPPORTUNITIES'. Below the menu is a section titled 'TEAM PERSONNEL OPPORTUNITIES' with a table of coaching positions.

Register Now	Positions	
2023 Summer Track and Field Season	Long Jump Coach High Jump Coach ⓘ Throws Coach ⓘ	+ Sign Up

Lastly, CTF is always looking to partner with businesses in and around the community as sponsors. These sponsors will be used to help provide benefits, purchase team items, or supplement miscellaneous cost for CTF. Please feel free to view our Sponsorships tab under the www.crosseoadstrackandfield.com, thank you in advance.



Didn't get all of your questions answered?

Please see the club handbook for additional information or reach out to us at www.crossroadstrackandfield@gmail.com.