



CENTRAL VALLEY ROADRUNNERS

GENERAL INFORMATION

WELCOME AND INTRODUCTIONS

- Meet the coaches and club leaders
- Overview of team history

PRACTICE INFORMATION

- Practices set to start Monday, February 2nd
- Practices are held Monday, Tuesday & Thursday, 5:00-6:30 PM
- Modesto Junior College Track & Field
- Attendance expectations and communication procedures
- Practices are subject to weather and facility availability



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TRACK & FIELD EVENTS OVERVIEW

- Overview of the track and field events offered (sprints, distance events, jumps, and throws)
- USATF Age Group Categories (Boys & Girls)
 - Group 1 - Age 8 & Under: 2018+
 - Group 2 - Age 9-10: Born in 2016-2017
 - Group 3 - Age 11-12: Born in 2014-2015
 - Group 4 - Age 13-14: Born in 2012-2013
 - Group 5 - Age 15-16: Born in 2010-2011
 - Group 6 - Age 17-18: Born in 2008-2009

MEET SCHEDULE & COMPETITION EXPECTATIONS

- Review of tentative meet schedule and competition expectations
- Travel logistics and meet-day procedures
- Sportsmanship and team representation guidelines

TEAM FEES, UNIFORMS & FUNDRAISING

- \$300.00 for a single athlete (multi-sibling discount available)
- USATF Membership required for participating in competitions (\$35.00)
- Fees cover uniforms, meet entry fees, and practices.
- Uniform ordering and distribution process
- Fundraising opportunities and volunteer needs

COMMUNICATION & UPDATES

- Overview of team communication methods (email, GroupMe, Facebook, website).
- Instructions for joining team communication platforms
- Importance of staying informed about schedule changes and announcements

VOLUNTEER OPPORTUNITIES

- Information on how to become a volunteer coach or event helper
- Overview of roles and responsibilities

Q&A SESSION

- Open questions and answers for parents and athletes



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CENTRAL VALLEY ROADRUNNERS PHILOSOPHY & SEASON GOALS

COACHING PHILOSOPHY

Effort Over Outcome

We value hard work, consistency, and a positive attitude more than medals or rankings.

Learn the Fundamentals

Our focus is on proper technique so athletes can run, jump, and throw safely and effectively.

Build Confidence & Character

We celebrate progress, teach goal-setting, and help athletes believe in their abilities.

Keep It Fun

We create an encouraging, enjoyable environment so athletes develop a love for staying active and healthy.

Promote Teamwork & Sportsmanship

We teach athletes to support one another, show respect, and represent the team with pride.

SEASON GOALS

Team Goals

- Build fitness, coordination, and healthy habits
- Foster a positive, encouraging team culture
- Learn warm-up, cool-down, and basic training routines
- Keep practices fun and engaging

Individual Athlete Goals

- Improve personal times, distances, and technique
- Set and achieve at least one personal record (PR)
- Explore different events to discover strengths
- Develop responsibility and good sportsmanship

Coach Goals

- Maintain safe, structured, age-appropriate practices
- Provide clear instruction and positive feedback
- Support every athlete regardless of experience or ability
- Communicate openly with parents

HOW PARENTS CAN SUPPORT

- Praise effort and improvement
- Ensure athletes arrive on time, ready, and hydrated
- Encourage good sleep, nutrition, and recovery habits
- Help maintain a positive environment for all athletes and families



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CENTRAL VALLEY ROADRUNNERS

2026 TRACK & FIELD MEET SCHEDULE*

DATE	MEET NAME	LOCATION
Sat, Mar 21	STS 2026 Opener	Inderkum H.S. (Sacramento)
Sat, Apr 4	God Speed Eggstravaganza	Weston Ranch H.S. (Stockton)
Sat, Apr 18	Burning Baton Relay Carnival	Weston Ranch H.S. (Stockton)
Sat, Apr 25	Lawrence Brice Invitational	Bear Creek H.S. (Stockton)
TBA (2-day)	Running Rebels Invitational	Location TBD
Sat, May 9	Super Sub-Bantam Championship	Ronald E. McNair H.S. (Stockton)
TBA (2-day)	3M Invitational	Location TBD
May 23-24	Tom Moore Youth Classic	Peter Johansen H.S. (Modesto)
Sat, Jun 6	Golden West Invitational	Cordova H.S. (Rancho Cordova)
June 26 - 28	USATF Pacific JO Championships	Location TBD
July 11 - 12	USATF Region 14 JO Championships	Location TBD
July 20 - 26	USATF National Junior Olympics	Location TBD

***This schedule is subject to change.**



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CENTRAL VALLEY ROADRUNNERS COMPETITION EVENTS BY AGE GROUP

December 3, 2025 | 6:00-7:00 PM | MJC - Forum 101

GROUP 1 (8 & UNDER)

- **Sprints:** 100m, 200m, 400m
- **Mid to Long Distance:** 800m, 1500m
- **Relays:** 4x100m, 4x400m
- **Jumps:** Long Jump
- **Throws:** Turbo Javelin, Shot Put

GROUP 2 (9 - 10)

- **Sprints:** 100m, 200m, 400m
- **Mid to Long Distance:** 800m, 1500m
- **Racewalk:** 1500m RW
- **Relays:** 4x100m, 4x400m
- **Jumps:** Long Jump, High Jump
- **Throws:** Turbo Javelin, Shot Put
- **Combined Events:** Triathlon
Boys: 400m, Shot Put, High Jump
Girls: 200m, Shot Put, High Jump

GROUP 3 (11 - 12)

- **Sprints:** 100m, 200m, 400m
- **Mid to Long Distance:** 800m, 1500m, 3000m
- **Racewalk:** 1500m RW
- **Hurdles:** 80mH
- **Relays:** 4x100m, 4x400m, 4x800m
- **Jumps:** Long Jump, High Jump
- **Throws:** Javelin, Shot Put, Discus
- **Combined Events:** Pentathlon
Boys: 80mH, Shot Put, High Jump, Long Jump, 1500m
Girls: 80mH, Shot Put, High Jump, Long Jump, 800m

GROUP 4 (13 - 14)

- **Sprints:** 100m, 200m, 400m
- **Mid to Long Distance:** 800m, 1500m, 3000m, 2000m SC
- **Racewalk:** 1500m RW, 3000m RW
- **Hurdles:** 100mH, 200mH
- **Relays:** 4x100m, 4x400m, 4x800m
- **Jumps:** Long Jump, High Jump, Pole Vault, Triple Jump
- **Throws:** Javelin, Shot Put, Discus
- **Combined Events:** Pentathlon
Boys: 100mH, Shot Put, High Jump, Long Jump, 1500m
Girls: 80mH, Shot Put, High Jump, Long Jump, 800m

GROUP 5 (15 - 16)

- **Sprints:** 100m, 200m, 400m
- **Mid to Long Distance:** 800m, 1500m, 3000m, 2000m SC
- **Racewalk:** 1500m RW, 3000m RW
- **Hurdles:** Boys 110mH, Girls 100mH, 400mH
- **Relays:** 4x100m, 4x400m, 4x800m
- **Jumps:** Long Jump, High Jump, Pole Vault, Triple Jump
- **Throws:** Javelin, Shot Put, Discus, Hammer Throw
- **Combined Events:** Decathlon (Boys), Heptathlon (Girls)
Boys: 100m, Long Jump, Shot Put, High Jump, 400m, 110mH, Discus, Pole Vault, Javelin, 1500m

Girls: 100mH, High Jump, Shot Put, 200m, Long Jump, Javelin, 800m

GROUP 6 (17 - 18)

- **All Events Same as Group 5**

NOTES

- Max Events per Meet:
 - Groups 1 - 3 = 3 events max
 - Groups 4 - 6 = 4 events (includes relays)
- Relay Participation = 1 event
- Combined Events do not count as an individual event toward the total number of events a competitor is allowed to compete in.



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