



Youth Boys & Girls Track & Field

Don't Miss out on the FUN!!

Beginner and Experienced Athletes Welcome!

www.eteamz.com/RosevilleExpress
501(c)3 Non-Profit



Running Events:

Short, Mid, and Long Distance
Hurdles and Relays

Jumping Events:

Long Jump, High Jump, Triple Jump

Throwing Events:

Javelin, Shot Put, Discus

Other Events:

Pole Vault
Steeple Chase
Race Walk
Pentathlons & Decathlons

Coaching Staff:

Work with Rocklin HS Co-Head Coach
Roosevelt Kent and many other
experienced coaches who specialize
in coaching each event

Who:

Youth Boys and Girls, Ages 7-18

When:

Full Season: February - July 2019

Practices start February 11, 2019 @ 6 pm

Competitions start March 2019

See website for full schedule

Where:

Practices at Rocklin High School Track
5301 Victory Lane, Rocklin, CA 95765

Meets take place throughout Northern
California including Rocklin, Sacramento,
Stockton, Oakdale, and Reno, NV

USATF Junior Olympic Nationals
Sacramento, CA CSU - Sac State
July 22-July 28, 2019

AAU Junior Olympic Nationals
Greensboro, NC ATT - Aggie Stadium
July 29 - August 3, 2019

**Want to check us out
before joining?**

Come to our

RUN-JUMP-THROW CAMP

Saturday February 9th from 9am - 5pm

Rain or Shine

Rocklin High School

Youth Boys and Girls Grades 1 - 8

Registration Go to

www.CoachORegistration.com

Scroll down to February 9th

Click on **RETC's 2019 Run, Jump, Throw Camp**

Last day to Register Tuesday, February 5, 2019



**For more information check out our website
or email Coach Maura at bookoutgen@yahoo.com**