



2025 Cedar Rapids Track and Field Club



Membership/Registration Fee:

- \$175.00- Kindergarten(5)--6th Grade
- \$155- 7th-12th grade (Join practice/meets at the end of school season)

Included:

- Club shirt (this could be used for your uniform)
- All meet registration fees
- Rental fees for facilities
- Workouts for the months of April-June
- Practices

Practices:

- The first practice is **April 13, 2025** at Mount Mercy University

Days and Times:

- **Sunday:** 4-5:30p.m. at Mount Mercy University or Kennedy High School (if there is a track meet scheduled)
- **Wednesday:** 6-7:30p.m. at Mount Mercy University
- **Thursday:** 6-7:30p.m. at Kennedy High School Track (optional: will be announced each week)
 - **April 13, 16, 23, 27, 30**
 - **May 4, 7, 11, 14, 18, 28**
 - **June 1, 4, 8, 12**

*No Practice on Easter Sunday and May 21

Practices on Sundays may be at Kennedy High School if there is a track meet scheduled and your athlete is not competing at the meet. Changes and Cancellations will be posted to Facebook and by email.

Meets:

Meets throughout the season take place on Saturdays or Sundays. It is the expectation of the club that you attend as many meets as possible. Our home meet is a meet that we would like to see all of our athletes compete and volunteer at. You are not required to stay at the meet the entire day but are encouraged to support the club. Meets run on a rolling schedule. Parents are responsible for transportation to all meets. All meets require advanced registration. Coach Connor will send out a Google Form registration link that needs to be filled out. The club pays for the registration fees so it is expected that if you sign up that you will compete at the meet. Please respond timely for meets so your child can compete in the meet.

Meet Schedule: *Ages for meets are determined by the age on December 31, 2025.*

- May 3, 2025- Central Iowa Excaliburs Track Meet @ Waukee High School-
- May 11, 2025- IRUN Track Meet @ Indianola Middle School
- May 17, 2025- Annual Janelle Coil Relays @ Valley High School
- May 20, 2025- JRC/ATC Relay Meet @ Johnston Middle School
- **May 25, 2025- CRTC Youth Track Meet @ Mount Mercy University**
- June 1, 2025- JRC Youth Track Meet @ Johnston High School
- June 7, 2025- MVTC Youth Track Meet
- June 7-8, 2025- USATF JO Combined Events Meet @ Central College
- **June 14-15, 2025- USATF JO Outdoor Championships @ Iowa State University
- **July 10-13, 2025- USATF Region 8 Championship @ Iowa State University
- July 19, 2025- Iowa Games @ Iowa State University
- **July 21-27, 2025- USATF JO National Championships @ Greensboro, NC

**Requires USATF Membership (\$35)



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Coaches:

Head Coach- Connor Christophersen

Assistant Coach- Erik Hite

Assistant Coach- Craig Goldsmith

Jeff Barker

Katie Gaffney

Matt Grams

Emily Kleitsch

Hannah Klocke

Jordan Meyer

Stephanie Moore

Jazz Partlet

Ryan Scheckel

Nick Scott

Steph Cory- Treasurer

Contact Information:

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