



Runners from 5 - 15 yrs. old, living in Arlington and the surrounding area!!

Age Groups:

Divisions are broken down by ages as followed:

5 yrs. old boys & girls
6-7 boys & girls (Bantams)
8-9 boys & girls (Midgets)
10-11 boys & girls (Youth)
12-13 boys & girls (Intermediate)
14-15 boys & girls (Teens)
**** Spikes for ages 12&up****
2 levels: Advance & Novice

What: AYS Tiger Track strives to teach children the fundamentals of Track and Field, Sportsmanship, and ultimately preparing them for the next level as student athletes and/or healthy individuals.

Running Events: Sprinting and distance events from the 50 meters to 3200 meters, All Relays and hurdles are available.

Field Events: Long jump, High jump, Triple jump, Shot-put and Baseball throw (for younger children).

When: Practices are typically held on Mondays, Tuesday and Thursdays from 5:30-7:30 p.m.
Mondays are 5-7yr olds & 10-11yr olds Tuesdays are 8-9 yr olds & 12 -15 yr olds
Thursdays are ALL AGES

Would like to have voluntary practices on Thursdays starting on 1/29 and every Thursday until official practice begins. Kids will get a chance to meet their coaches

There are usually 8 consecutive meets from the end of March through mid-May. All meets are held on Saturdays.

Where: Practices are held at Arlington High School; meets take place at several tracks around Shelby County.

Fees: \$165 That gets them uniform, sweats, & water bottle.

When to Register:

Registration will be held at Advent Church (6176 Chester Street) & High School track on the following dates/times:

Monday, January 26 from 6:30-8:30pm

Thursday, January 29 from 6:30-8:30pm (at high school track)

Monday, February 2 from 6:30-8:30pm

Thursday, February 5 from 6:30-8:30pm (at high school track)

****1st time runners please have Birth Certificate****

***** ALL runners must have current photo*****

Additional Information: Please contact the following individuals...

David Hatfield (AYS Track Director) @ arlingtontrack@gmail.com

Rob Johnson (AYS Area Director) @ rtanj@msn.com

**** Last year runners! Get started running!!! ****

**** 1st time runners. Try to run a little before the season gets going ****

Shelby Youth Sports is one of the largest providers of community based after-school sports programs in the Mid-South.

