















RUN ★JUMP ★THROW **★ RACE WALK ★ COACH** ★ OFFICIATE ★ VOLUNTEER





USATE Pacific Foundation

USATF.org ★

The Post-collegiate Athlete's **Development Resource!** Clubs, Coaching, Grants and More...

USATF.org → Resources → Elite





Information courtesy of USATF Pacific pausatf.org 120 Ponderosa Ct. ★ Folsom, CA 95630 916/983-4715

POST-COLLEGIATE ATHLETES:

Your future begins with **USA Track & Field!**



★ Track & Field ★ Distance Running * Race Walking

Your Sport for Life!

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It all BEGINS with... YOUTH

Your FUTURE awaits... **ELITE** - National, International Championships

Everyone competes!

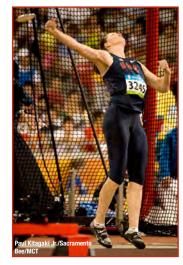
- · No bench sitting.
- Train, compete with a club or independently.
- Extend middle/high school seasons.
- Core values, fitness, camaraderie



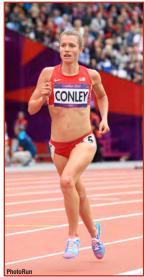


Two Year Age Divisions! A Sport for Everyone!

- Track & Field: run, jump, throw, racewalk
- Cross Country
- Expert Coaching
- Qualify for the Junior Olympic Championships!













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