



UCLA Athletics

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



USATF Pacific Foundation

★ **USATF.org** ★

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

USATF.org → Resources → Elite



Aditi Raghunath/File
Daily Californian



Texas Tech T&F
Matt Slocum/AP

Information courtesy of USATF Pacific
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**POST-COLLEGIATE
ATHLETES:**
 Your future begins with
USA Track & Field!



www.usatf.org/TeamUSATF // #TeamUSATF

★ **Track & Field** ★
Distance Running ★ Race Walking

Your Sport for Life!

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!



Your **SPORT** for **LIFE!**... **OPEN, MASTERS** - Challenge, Fitness, Rewards

