



## Southwestern Youth Association Track & Field

SYA's solid reputation and commitment to youth sports will help us achieve our goal and manage a successful, beneficial, and fun track & field program for our community.

Membership is open to youth Pre-K thru 12th grade. We will provide instruction in all running and field events described by the [USAT&F](#) and [AAU](#). Activities are available spring, summer, and fall (cross-country) seasons. The success of this program will not depend entirely on our gifted athletes and coaches, but equally important, on the participation and contributions we receive from our volunteers, parents, and sponsors. We thank you in advance for your support.

Youth compete in 2-year age divisions, 8U (Sub-Bantam) through 17-18 (Young) categories. A separate SYATF designation for Pre-K allows competition for younger athletes. AAU categories are similar with 1 year age divisions. Divisions are based on YEAR born, not month or day!

### 2019

Age Divisions ( <i>unofficial</i> )	Year of Birth
Cubs (SYATF designation)	2014-2015
Sub-Bantam (8 & under)	2011+
Bantam (10-9)	2009-2010
Sub-Youth (12-11)	2007-2008
Youth (14-13)	2005-2006
Intermediate (16-15)	2003-2004
Young (18-17)*	2001-2002

\*2000 if birthdate is after July 31, 2019

**Winter (Indoor):** *Postponed until further notice.*

**Spring & Summer:** April thru August. The spring season officially starts our outdoor programs. Practice (held two evenings a week and Sunday afternoons when not competing) starts in April for spring registrants and May/June for summer registrants. Meets are held locally in VA, DC, and MD. Athletes have the opportunity to compete in sanctioned USATF and AAU Junior Olympic championship meets. The outdoor season ends with the Potomac Valley Games in September.

**Fall (Cross Country):** September thru November with similar practice schedule. Athletes compete in 1, 2, 3, 4, and 5K races over supervised trails and off road courses and have the opportunity to compete in sanctioned USATF, AAU and other Junior Olympic championship meets.

**For more information check our [FAQs page](#) or contact:**

SYA Track & Field

[commissioner@syatrackandfield.org](mailto:commissioner@syatrackandfield.org)