

# Join ERAA Track & Field - Come Run & Have Fun!



## *East Ridge Athletic Association Track & Field 2018*

ERAA Track & Field supports the development of youth runners through training and competition--facilitating growth for all high school athletics. Track & Field promotes a healthy foundation for fitness and facilitates exercise habits that can last a lifetime. Our program will teach fundamental skills for sprints, distance, and jumping.

For more information visit the ERAA website. Online registration is currently open.

<http://www.eraamn.com>



Practices begin Mid-April through July. See more details on ERAA Track & Field Website.

Open to all ages (7-18 years of age). There are no attendance boundaries to participate in the ERAA Track & Field program.



### Meets & Competitions:

Athletes will participate in **recreational community meets** throughout the spring and summer.

Interested athletes can compete in the AAU and USATF **sanctioned meets** in June, July, and early August. Qualifiers can advance to Regional events and National Jr Olympic competitions.

*Come participate in a positive, growth inspired program benefiting all levels of athletes!*

