

About Sun City

The Sun City Harriers is in its third season as a certified USATF Track and Cross Country Club. The regular month-long season is geared toward kids 6-14 years of age and includes 3 local races. The postseason continues through early December and is open to athletes up to 18 years of age who are interested in training at a higher level and racing in out-of-town USATF meets. Elementary, middle school and high school athletes from other local teams are also invited to compete with Sun City for the postseason.

Meet Schedule

- **September 19th--Practice Race** at Franklin Park
- **September 26th--Sun City Home Meet**
- **October 3rd--Sunfair Invitational**
- **October 17th--Apple Ridge Invite** (last race of regular season)
- **November 14th--**(tentative date, will be confirmed in September)--**USATF Junior Olympic Association Finals**. We would like to field a full team in each age group at this meet. This is the first race of the post-season. Athlete cannot miss any meets from here on out if he/she would like their season to continue.
- **November 21st--Junior Olympic Regionals** in Pasco (top 25 individuals and top 3 teams advance to nationals in New Mexico)
- **December 12--Junior Olympic Nationals** in Albuquerque, New Mexico

Who should run?

We have three groups at practice:

Group 1--Just out to have fun, learn a little bit about running, and play a few games at the end of practice. Wouldn't mind running in a meet but only if there is a special prize like a ribbon or ice cream afterwards.

Group 2--Thinking about being serious but still loves the game and popsicle at the end of practice.

Group 3--Loves to see how fast she/he can run all the time. Very interested in competing in the USATF local and regional meets and maybe even the national meet.
*Kids can always change groups at anytime

Our philosophy

Our philosophy is simple, we want people to love running and being active. We want families to enjoy running. We want parents to participate too! Families that run together stay together!

Questions and more information:

- **Go to our website:**
www.suncityharriers.com
- **Like our Facebook page:** search "Sun City Track and Cross-Country Club"



- **Call Coach Erik at 509-941-5191**



Fun



Team



Fundamentals

Cost	Dates	Included
\$60.00	Sept. 15th- Dec. 12th	All meets, practices, shirt
\$35.00	Sept. 15th- October 17th Regular Season Only	All local meets, practices, shirt through October 17th.
\$35.00	Post-season	Association, regional, and national meet fee, and jersey.

- **Registration includes jersey, all entry fees excluding usatf card, and post-practice popsicles**
- **If you are interested in being a coach, contact coach Erik. We need ten coaches for the ideal coach/athlete ratio. Further child discount given to all coaches.**
- **Download registration form off suncityharriers.com**
- **\$10 discount off of registration if received by September 4th for full-season. \$5 discount for the regular season. We order our jerseys in bulk September 8th.**

**Return registration to:
320 Stanley Blvd
Yakima WA 98902**

- **Scholarships available upon request**

Practices

Day	Hours	Place
Tuesday	5:00pm - 6:00pm	Franklin Park
Thursday	5:00pm - 6:00pm	Kissel Park
Saturday	10:00am - 10:45am	Cowiche Canyon
Time Change	After daylight savings in November, practice shifts one hour earlier to 4pm.	

First Practice: September 15th

www.suncityharriers.com

An official USATF Club



SUN CITY

HARRIERS

**Youth
Cross Country Club
Yakima, WA**

www.suncityharriers.com