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## USATF Junior Olympics



Dating back to the mid-1960's, the USATF Junior Olympic program is the most visible youth athlete developmental program in the world. Nearly 70,000 youth athletes compete each year in the Junior Olympic Track & Field and Cross Country programs. Many of America's Olympians began as youth athletes, including stars such as Maurice Greene, Allyson Felix, Bryan Clay, John Godina, Deena Kastor, and Allen Johnson.

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## Progressional events



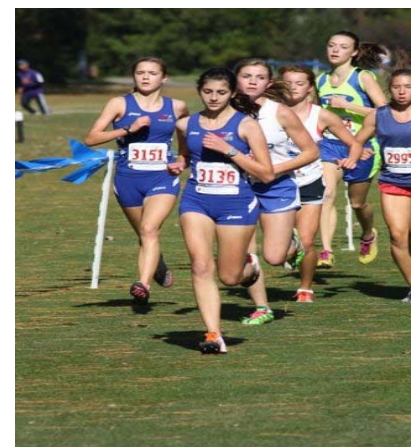
Through a series of progressional events consisting of preliminary, Association, and Regional meets, athletes have the opportunity to advance to the National Championships in track & field and cross country.

Once USATF members, athletes can enter the Junior Olympics either as part of a USATF club or as "unattached." Competition takes place in 2-year age divisions, from 10 & under through 17-18.

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## Cross Country & Track & Field

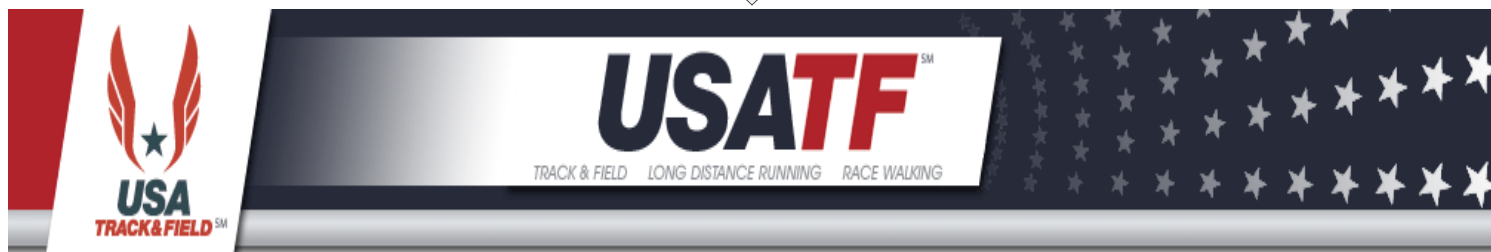
**C**ross country dates back to the turn of the 20th century as an Olympic Sport when it was contested as a team and individual event at the 1904, 1912, 1920 and 1924 Summer Games. The Olympic spirit is still alive in the sport today as thousands of youth athletes compete throughout the fall in USATF's Junior Olympic Cross Country program.



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**Get involved! Complete these easy steps to sign up for Junior Olympic Cross Country or Track & Field:**

- 1. Contact Coach Alan Young @ 919-614-2946 or northwaketrackclub@gmail.com  
Or @ www.northwaketrackclub.com**
- 2. Register or renew your USATF individual membership.**
- 3. Come join an exciting and growing Junior Olympic team in the North Raleigh - Wake Forest area.**



**GET INVOLVED! JOIN OTHER ATHLETES AND SIGN UP FOR JUNIOR OLYMPIC CROSS COUNTRY OR TRACK & FIELD**

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