



**Youth, Open, and Masters  
Track & Field Club**  
Training in Track & Field for Conditioning,  
Competition, Friends and Fun!



**Online Registration begins April 29, 2024**  
Register online at [www.ilrushclub.org](http://www.ilrushclub.org) - team openings are limited so register early!

## COST: FREE

**ALL Dolton West School District #148  
Students Can Participate For Free!**

*Information, dates and times may  
change, for the latest information  
please visit: [ilrushclub.org](http://ilrushclub.org) or email us  
at [illinoisrush@gmail.com](mailto:illinoisrush@gmail.com)*

**2024 Summer Season  
Registration ends on May 20, 2024**  
*(Registration must be completed to participate.)*

**Practice Begins May 13, 2024**  
Registration includes AAU membership and a blue  
Rush practice t-shirt.

**Practices location: Community Park - 175 Street  
& Sycamore, Country Club Hills**

Age Groups	Birth Years
8U	2016 - 2018
9-10	2014 - 2015
11-12	2012 - 2013
13-14	2010 - 2011
15-16	2008 - 2009
17-19	2006 - 2007

- **Practice Days:** Monday through Thursday
- **Practice Times:** 6pm to 8:00pm
- **Development and Travel Team competitions** offered to those who qualify to compete on those levels
- **Additional costs** include but not limited to travel, meet entry fees, USATF membership, Rush warm-ups, uniform and spirit wear

**Events**

**Running:** 100, 200, 400, 800, 1500, 3000, Hurdles, Steeplechase, Racewalk, Multi-events

**Field Events:** High Jump, Long Jump, Triple Jump, Shot Put, Discus, Javelin

**Relays:** 4x100, 4x400, 4x800



*This program is sponsored by Dolton West School District #148.*