

Practice requirement

To be eligible to participate at track meets sanctioned by the AAU, USATF and the NYRR organizations, athletes must meet or adhere to the following requirements.

- Athletes need to have current membership with the AAU and USATF organization.
- Athletes should try to attend all regular club practices.
- A minimum of at least two practices during the week just prior to the track meet are required for all athletes 14 and younger to be eligible to compete.
- If the athlete is actively practicing with his or her high school team, at least one club practice during the week prior to the track meet is required.
- If an athlete was unable to adhere to the stated practice requirements due to an unforeseen circumstance, the coaching staff could review the situation and decide based on the facts, as well as the fitness of the athlete involved.