

# CANBY YOUTH TRACK CLUB

## INAUGURAL SEASON OVERVIEW

Updated Mar 23, 2026



**IT'S PRETTY DARN TOUGH TO GROW UP IN TODAY'S  
WORLD. BUT TRACK HAS AN INCREDIBLE ABILITY TO  
MAKE A PRETTY DARN GOOD, RESILIENT, GOAL-  
SETTING, INNER STRENGTH-FINDING, MIND-OVER-BODY  
POWERING, EXTRA-GEAR-FINDING, INNER-QUIET  
BUILDING, ME+TEAM-MINDSETTING, ONE-PERCENT-  
BETTER-EACH-TIME DOING, WHO-CARES-IF-I-LOSE-I'M-  
COMPETING-AGAINST-MYSELF THINKING HUMAN BEING.**

**WE'RE LAUNCHING A  
USATF TRACK CLUB  
BECAUSE THE SPORT HAS  
HAD A PROFOUND  
INFLUENCE ON OUR LIVES.**

**AND WE WANT IT  
FOR OUR OWN  
KIDS' LIVES.**

# USATF: FROM 6 TO OLYMPIAN

The Canby Youth Track club is part of USATF, the governing league for Track & Field nationwide, from youth to Olympic Trials. Oregon has over 1,000 youth athletes competing in 5–7 meets each spring leading to state, regionals, and nationals. Youth divisions cover ages 6–18. During the school year, many are ages 6–14, while older athletes join post-school season to strive to continue their season on to regionals and nationals.



# THE TEAM

Canby Youth Track is a nonprofit launching our first season in the USATF, as the 10th major team in the Portland Metro Area. We're at least 5 coaches preparing for a team of up to 100 youth of all skill levels. We foster an environment of personal development for all with the support and training for any athletes that strive to reach elite levels.



## HEAD COACH DOUG

Doug Burnett is a Canby High 2002 alum and record-setting track athlete. The past two years he has coached at Tigard Youth Track, where of the 150 youth high jumpers in Oregon, he coached half of all national qualifiers, including one 2025 All-American. He leads a national group of USATF Youth coaches and has been nominated to chair Oregon's USATF Youth program. He's a proud dad to two wonderful tracksters, ages 10 and 7. Doug runs a 6-person creative agency that dedicates all its time to helping nonprofits and good causes get attention. He was named a Top 25 creative director in the world and his work has been covered in every major news outlet.

## 30-100 KIDS

Target team size

## 5+ COACHES

Three-step certified

## 10TH TEAM

Of 30+ kids In the Portland Metro Area.

# THE SEASON

|          |                               |
|----------|-------------------------------|
| Start    | April 6                       |
| End      | Jun 28 - Jul 28 <sup>1</sup>  |
| Practice | M-Th 5:30 – 7:00 <sup>2</sup> |
| Location | Canby                         |
| Track    | TBD                           |

**Registration begins the end of February** and closes when 100 athletes have registered.

1. The main season ends Jun 28 but athletes who qualify for regionals and nationals can continue practice until nationals ends Jul 28.

2. Times are tentative based on availability.

## Meet Schedule

Athletes are encouraged to attend every meet but not required. Let us know as soon as possible if your athlete cannot attend a meet.

|                       |                 |
|-----------------------|-----------------|
| Canby <sup>3</sup>    | Mar 28          |
| Sherwood              | April 25        |
| Milwaukie             | May 2           |
| Tigard                | May 9           |
| Corvalis <sup>4</sup> | May 15          |
| Beaverton             | May 22-23       |
| Portland              | Jun 6-7         |
| Vancouver             | Jun 13          |
| State                 | Jun 25-28       |
| Regionals             | July 8–12       |
| Nationals             | July 27 – Aug 2 |

3. Preseason open invitational for anyone that wants to participate. This meet has a separate \$10 entry fee.

4. Only for middle school aged athletes.

## Registration \$140

90% goes toward meet fees. All coaches are volunteers. We fund the remaining costs through sponsors and innovative community engagement.

## Uniforms/Gear \$50

Standard issue gear:  
Uniform top  
Uniform bottom  
Hoodie  
Sweats  
Rainjacket

## Additional Gear for Sale

Duffle bag, Arm sleeves, Headband, Spikes bag, Quarter zip, T-Shirts

## Additional/Optional Costs

State Entry: \$49-\$79  
Regionals Entry: \$15-\$60  
Nationals: \$15-\$60

# PRACTICE

**Start** April 6  
**End** Jun 28 - Jul 28<sup>1</sup>  
**Practice** M-Th 6:00 – 7:30  
**Location** Ackerman Center  
**Track** Ackerman Track

## Practice Schedule

|           |             |                                            |
|-----------|-------------|--------------------------------------------|
| Monday    | 6:00 - 7:30 | Ackerman Track. Start in Ackerman Library. |
| Tuesday   | 6:00 - 7:30 | Ackerman Track. Start on the track.        |
| Wednesday | 6:00 - 7:30 | Ackerman Track. Start in Ackerman Library. |
| Thursday  | 6:00 - 7:30 | Ackerman Track. Start on the track.        |
| Friday    | No practice |                                            |
| Saturday  | No practice |                                            |
| Sunday    | No practice |                                            |

1. The main season ends Jun 28 but athletes who qualify for regionals and nationals can continue practice until nationals ends Jul 28.

# ELIGIBILITY

Athletes compete in categories based on age group, gender, and event. Your age group is based off of your age at the end of the calendar year, not the current age. For example, an athlete who turns 9 years old on Dec 31 will compete in the 9-10 age group, despite being 8 years old during the season. There are no exceptions to this rule.

| GROUP | FROM JAN 1 | TO DEC 31 |
|-------|------------|-----------|
| 8U    | 2020       | 2018      |
| 9-10  | 2016       | 2017      |
| 11-12 | 2014       | 2015      |
| 13-14 | 2012       | 2013      |
| 15-16 | 2010       | 2011      |
| 17-18 | 2008       | 2009      |

## Multiple Teams

Athletes may compete in both a school league and a USATF club at the same time. School leagues meets are usually weekdays while USATF meets are Saturdays with few exceptions.

## Age 12+ Club Season

Athletes in middle and high school can do both school and club. Practice times do not overlap. These athletes are also welcome to join the club mid-year, after their school league season has ended. These athletes pay a prorated registration fee to cover the cost of the remaining meet entries.

# ELIGIBILITY: EVENTS

USATF standardizes events across the US and sets age requirements for each event. Note that not all events are offered at every meet.

| EVENT                    | 8U | 9-10 | 11-12 | 13-14 | 15-16 | 17-18 |
|--------------------------|----|------|-------|-------|-------|-------|
| 100M                     |    |      |       |       |       |       |
| 200M                     |    |      |       |       |       |       |
| 400M                     |    |      |       |       |       |       |
| 800M                     |    |      |       |       |       |       |
| 1500M                    |    |      |       |       |       |       |
| 3000M                    |    |      |       |       |       |       |
| 4×100M                   |    |      |       |       |       |       |
| 4×400M                   |    |      |       |       |       |       |
| Hurdles <sup>1</sup>     |    |      |       |       |       |       |
| High Jump                |    |      |       |       |       |       |
| Long Jump                |    |      |       |       |       |       |
| Pole Vault               |    |      |       |       |       |       |
| Shot Put                 |    |      |       |       |       |       |
| Javelin <sup>2</sup>     |    |      |       |       |       |       |
| Discus                   |    |      |       |       |       |       |
| Hammer                   |    |      |       |       |       |       |
| Multi-Event <sup>3</sup> |    |      |       |       |       |       |

- 1. Hurdles**  
Hurdles height and sprint distance varies based on age and gender. Distance starts at 80M for younger and progresses up to 110M as they get older.
- 2. Javelin**  
8U Turbo Jav (plastic, finned)  
9-14 Aero Jav (rubber tipped, shorter)  
14+ Full size
- 3. Multi Events**  
A few meets throughout the season offer athletes the opportunity to compete on a combined score across several events.  
9-10 B Triathlon: SP, HJ, 400M  
9-10 G Triathlon: SP, HJ, 200M  
11-14 B Pent: SP, HJ, LJ, Hurd, 1500M  
11-14 G Pent: SP, HJ, LJ, Hurd, 800M  
15-18 B Dec: SP, HJ, LJ, Hurd, 1500M, PV, 100M, DT, 400M, Jav  
15-18 G Hept: SP, HJ, LJ, Hurd, 800M, PV, 100M

# ELIGIBILITY: MEETS

Most meets are held on Saturdays from 8am to 4pm. A few meets span a Fri/Sat or Sat/Sun. The events schedule is posted usually 2 weeks in advance. A particular athlete's events may fall within a smaller set of hours. While we always encourage athletes to stay to cheer on teammates, it is certainly not required. Athletes 9+ may choose up to 4 events per meet and 8U may choose 3 events.

|                         |                      |
|-------------------------|----------------------|
| Athlete events per meet | 4 <sup>1</sup>       |
| General meet day        | Sat                  |
| General meet hours      | 8am-4pm <sup>2</sup> |

1. 4 events for all ages except 8U, which is 3.  
2. Your athlete's events may not span the whole meet length.

## General Meets Signups

A few weeks prior to a meet, you'll be able to choose up to 4 events. A week before the meet, event registration closes. Once registration closes, no changes can be made. We have a process for you to double-check your athlete is registered as expected.

## State - Mt Hood Com. College

All athletes are eligible to compete at state. Please, wherever possible, plan for your athlete to be able to attend. We build the season around reaching max potential at state and it is a choice opportunity for mental and physical growth for both the individual and the team. Athletes can compete in up to 3 events, plus an optional multi event. All multi events happen on Thur and Fri, while all other events are spread across Fri through Sunday.

## Regionals - Seattle

Athletes who finish in the top 8 of their age group and gender at State are eligible to compete at Regionals. You must compete at State in a specific event in order to qualify for that event as there are no automatic qualifying marks. We are in Region 13, comprised of all of Oregon, Washington, and Alaska. Regionals venue is on a 3-year cycle between Oregon, Eastern Washington, and Western Washington.

## Nationals - Los Angeles

Athletes who finish in the top 3 of their age group and gender at Regionals are eligible to compete at Nationals. Nationals rotate between different areas of the country.

# UNIFORM

USATF “conference” style badge for state cohesion and pride.

Two-tone top/bottom make uniforms recognizable and unique across the whole region.



Last name / Team name paired to represent track dynamic.

# COACH POLO



# PR GEAR

Kids learn to set goals and strive to inch toward them. And some can almost literally wear them on their sleeve if they'd like.



# KIDS GEAR



# PARENT GEAR

For anyone interested.

