

## **2023 Summer Meet Schedule**

\*Below are the Summer meets with Color coding as to which meets RCTC will focus on and which meets will be optional/added depending on qualified athletes to Regionals and Nationals.

**Gold meets** are the Championship meets to qualify to the next stage.

**Maroon meets** will be our focus competitions for the season.

**Purple meets** are bonus meets if families cannot make one meet but could make the purple meet instead.

\*I can help register but cannot guarantee I can be in attendance.

**Saturday May 13th - Special Olympics Regional Athletics Championships**

Littleton High School 8:30 AM - End of Competition

**Sunday May 14th - RCTC Youth Track & Field Series #3**

Erie Middle School 1:00 - 5:00 PM - Free for RCTC Athletes

**Thursday May 18th - Saturday May 20th - CHSAA Track & Field State Championships**

Jeffco Stadium, Denver ALL DAY EVENT

**Saturday May 27th - Denver Athletics Spring All-Comers Track Series**

Englewood High School 10:00 AM - 2:30 PM - \$20 per event

**Sunday May 28th - RCTC Youth Track & Field Series #4**

Erie Middle School 1:00 - 5:00 PM - Free for RCTC Athletes

**Monday May 29th - 2023 Bolder Boulder 10K**

Boulder Colorado ALL DAY EVENT

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**Thursday June 1st - BRR All-Comers Track & Field Series #1**

Fairview High School 6:00 PM - End of Competition - \$11 per event

**Saturday June 3rd - HUSTLE/Steadfast Meet**

TBA

**Thursday June 8th - NOCO All-Comers Track Meet Series #1 (Running Only)**

Loveland High School 6:00 PM - End of Competition - \$9 per event

**Friday June 9th - Sunday June 11th - Special Olympics Summer Games**

Grand Junction, CO ALL DAY/ WEEKEND

**Saturday June 10th - Brute Force Open**

Aurora, CO TBA

**Thursday June 15th - BRR All-Comers Track & Field Series #2**

Fairview High School 6:00 PM - End of Competition - \$11 per event

Friday June 16th - Sunday June 18th - ADIDAS 2023 Middle School Outdoor Nationals  
Greensboro, NC TBA

*\*RCTC will aim for this competition in 2024!*

Saturday June 17th - CO Springs Striders Invite  
Colorado Springs, CO

Thursday June 22nd - NOCO All-Comers Track Meet Series #2 (Running Only)  
Loveland High School 6:00 PM - End of Competition - \$9 per event

Thursday June 21st - Saturday June 24th - AAU Region 20 Track & Field Championships  
Evie Garrett Stadium, Denver ALL DAY EVENT

*\*This Meet is to qualify for AAU JO Nationals in Des Moines, IA July 29th- Aug 5th*

***\*RCTC will attend first 3 days of competition but then focus on USATF JO***

**\*\*Saturday June 24th - Sunday June 25th - USATF Colorado JO Championships  
Aurora, CO ALL DAY EVENT**

***\*This Meet is to Qualify for Regionals in New Mexico July 6-9th***

Thursday June 29th - NOCO All-Comers Track Meet Series #3 (Running Only)  
Loveland High School 6:00 PM - End of Competition - \$9 per event

Friday June 30th - Denver Twilight Series #1  
Englewood High School 6:00 PM - End of Competition

Saturday July 1st - Rocky Mountain State Games  
Colorado Springs, CO TBA

*\*Many families may be Out of Town for 7/4 weekend but I would still be open to traveling there if families are in town.*

Thursday July 6th - Sunday July 9th - USATF JO Region 10 Championships  
New Mexico TBA

***\*This meet is to qualify for USATF Nationals in Oregon July 24-30th***

Thursday July 6th - BRR All-Comers Track & Field Series #3  
Fairview High School 6:00 PM - End of Competition - \$11 per event

Friday July 15th - Innate Speed Meet  
Fort Collins, CO TBA

Saturday July 16th - CDm Elite Meet of Champions  
Longmont, CO TBA

Thursday July 20th - BRR All-Comers Track & Field Series #4  
Fairview High School 6:00 PM - End of Competition - \$11 per event

Friday July 21st - Denver Twilight Series #2  
Englewood High School 6:00 PM - End of Competition

**Monday July 24th - Sunday July 30th - USATF JO National Championships**  
**Eugene, OR TBA**

Thursday July 27th - NOCO All-Comers Track Meet Series #4 (Running Only)  
Loveland High School 6:00 PM - End of Competition - \$9 per event

**Saturday July 29th - Sunday July 30th - AAU JO National Track & Field Championships**  
**(Multis)**

**Des Moines, IA ALL DAY EVENT**  
***\*RCTC may miss first 2 days due to USATF JO Nationals***

**Monday July 31st - Saturday August 5th - AAU JO National Track & Field Championships**  
**(T&F)**

**Des Moines, IA ALL DAY EVENT**

Wednesday July 29th - Mile High Mile  
Niwot High School

Friday August 4th - Denver Twilight Series #3  
Englewood High School 6:00 PM - End of Competition

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**Pages 4-9 below** are broken down into each month view.

Black ink are our practice dates and locations. Some practices and competitions overlap and we will announce weekly what the plan will be.

Practices are from 5:10-7:00pm. If changes are made we will announce via email and Team Stack App.

Col. Mine = Columbine Mine Park, Erie  
ECC = Erie Community Center Park  
Anthem = Anthem Community Park, Broomfield  
EMS = Erie Middle School

Bonus Practices or additional opportunities may come up and I will email out details as soon as possible.

## RCTC 2023 Practice/Competition Calendar View

<b>May 2023</b>						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
7	8 Col. Mine 5:10-7:00	9 ECC 5:10-7:00	10	11 ECC 5:10-7:00	12 Anthem 5:10-7:00	13 SOCO Regionals
14 RCTC #3	15 Col. Mine 5:10-7:00	16 ECC 5:10-7:00	17	18 -ECC 5:10-7:00 -HS State	19 -Anthem 5:10-7:00 -HS State	20 -HS State
21	22 Col. Mine 5:10-7:00	23 ECC 5:10-7:00	24	25 ECC 5:10-7:00	26 Anthem 5:10-7:00	27 Denver AC
28 RCTC #4	29 2023 BB10K	30 ECC 5:10-7:00	31 BONUS 5:10-7:00			

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Boulder Colorado ALL DAY EVENT

June 2023						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 -EMS 5:10-7:00 -BRR #1	2 EMS 5:10-7:00	3 -TBA
4	5 EMS 5:10-7:00	6 EMS 5:10-7:00	7 EMS 5:10-7:00	8 EMS 5:10-7:00 -NOCO #1	9 -SOCO State	10 -SOCO State -Brute Force
11 -SOCO State	12 EMS 5:10-7:00	13 EMS 5:10-7:00	14 EMS 5:10-7:00	15 -BRR #2	16 EMS 5:10-7:00	17 -Strider Invite
18	19 EMS 5:10-7:00	20 EMS 5:10-7:00	21 AAU Regional	22 AAU Regional -NOCO #2	23 AAU Regional	24 <u>USATF JO State</u>
25 <u>USATF JO State</u>	26 EMS 5:10-7:00	27 EMS 5:10-7:00	28 EMS 5:10-7:00	29 EMS 5:10-7:00 -NOCO #3	30 -Denver AC	

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TBA

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Grand Junction, CO ALL DAY/ WEEKEND

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Aurora, CO TBA

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Loveland High School 6:00 PM - End of Competition - \$9 per event

Friday June 30th - Denver Twilight Series #1  
Englewood High School 6:00 PM - End of Competition

# July 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 -RMSG
2	3 Practice TBA	4 Practice TBA	5 Practice TBA	6 USATF JO Region 10 -BRR #3	7 USATF JO Region 10	8 USATF JO Region 10
9 USATF JO Region 10	10 EMS 5:10-7:00	11 EMS 5:10-7:00	12 EMS 5:10-7:00	13 EMS 5:10-7:00	14 EMS 5:10-7:00	15 -Innate Speed
16 -CDm Elite	17 EMS 5:10-7:00	18 EMS 5:10-7:00	19 EMS 5:10-7:00	20 -BRR #4	21 -Denver AC	22
23	24 USATF JO Nationals	25 USATF JO Nationals	26 USATF JO Nationals	27 USATF JO Nationals -NOCO #4	28 USATF JO Nationals	29 USATF JO Nationals -MHM AAU JO Nationals
30 AAU JO Nationals	31 AAU JO Nationals					

Saturday July 1st - Rocky Mountain State Games  
Colorado Springs, CO TBA

Thursday July 6th - Sunday July 9th - USATF JO Region 10 Championships  
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Wednesday July 29th - Mile High Mile  
Niwot High School



## August 2023

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	31 AAU JO Nationals	1 AAU JO Nationals	2 AAU JO Nationals	3 AAU JO Nationals	4 AAU JO Nationals -Denver AC Finale	5 AAU JO Nationals
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Saturday July 29th - Sunday July 30th - AAU JO National Track & Field Championships (Multis)  
Des Moines, IA ALL DAY EVENT

*\*RCTC may miss first 2 days due to USATF JO Nationals*

Monday July 31st - Saturday August 5th - AAU JO National Track & Field Championships (T&F)  
Des Moines, IA ALL DAY EVENT

Friday August 4th - Denver Twilight Series #3  
Englewood High School 6:00 PM - End of Competition

**Cross Country season and Fall Track & Field conditioning/training will begin mid to late August to give athletes recovery time and rest.**