

# **LSTC Spring and Summer Track Overview/Requirements**

- **Spring Track (Developmental Season)**
  - January thru April
  - 6 Competitive Meets
  - Local Meets
  - Compete with Athletes at Local Level
  - No standards required to register (Open to all)
- **Summer Track (Competitive Season)**
  - May thru August
  - 6 Competitive Meets (3-4 Qualifying Meets)
  - Both Local and Travel Meets
  - USATF and AAU Junior Olympics
  - Compete with Athletes at National Level
  - Must meet Team Competitive Standards