



## Cross Country – Fall Season Starting September 6<sup>th</sup>

The Saint John Track Club offers a fall program running 6 weeks from September 6<sup>th</sup> to October 11<sup>th</sup>



**Ages 7-10+/-** A variation on our Run Jump Throw program with more emphasis on running to gear towards the Cross-Country Season.

**Ages 11+** A Cross Country training program geared for a range of ages. Open to anyone wanting to compete in school, provincial or regional cross-country competition.

For athletes wanting to compete in Atlantic or National Cross-Country competitions schedules will be provided opportunity to extend your training to those events.

<u>Day / Time</u>	<u>Location</u>
Monday & Wednesday 5:30-6:30 pm	Lily Lake – Meet at the Lily Lake Pavilion where we will use the many trails and hills of Rockwood Park as our training site.

**Online Registration below: Registration will close on September 15<sup>th</sup>**

Registration must be done online at [www.SJTC.ca](http://www.SJTC.ca)

ANB fees cover fall 2018 fees including cross country, indoor track & outdoor track.

<b>PROGRAM / ATHLETE GROUP FEES</b>	<b>Club Fee Per Season</b>	<b>Annual ANB (If not already paid)</b>
All Ages	\$60	\$50

### **For more info contact:**

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