



KTFC HIGH SCHOOL TRACK AND FIELD

**MISSING TRACK AND FIELD?
COME TRAIN AND COMPETE WITH KTFC**

CHOOSE YOUR DISCIPLINE

Middle Distance: Mon & Wed 4:30-6:00pm

Jumps: Mon & Wed 4:30-6:30pm

Sprints/Hurdles: Wed & Thurs 4:30-6:30pm

2 days per week with twilight competitions available!



**KAMLOOPS
TRACK & FIELD**

**\$150 + BCA FEE
20+ TRAINING SESSIONS
MARCH 29 TO JUNE 7
REGISTER: WWW.KAMTRACK.CA**