

Welcome to the U12 Track and Field Try it Program, hosted by Athletics NS.

Ages: 7-11

Abilities: ALL

The event will run 12pm to 1pm on the following dates:

Oct 3, 17, 24, 31

And 1pm to 2pm on:

November 7, 14 and 21.

Program participants will take part in the Athletics Canada Run Jump Throw Wheel grassroots program, aimed at introducing the sport of track and field in a fun environment. The program will be led by trained Leaders and current track and field athletes. Participants will try sprinting or wheeling, middle distance running, jumping (long jump) and throwing (shot put).

The final day of the program will be November 27 or 28 – TBC. Each participant will be invited to participate in our Athletics NS Last Chance Meet (entry fee included) and take part in the Tetrathlon – which consists of the 60m sprint, shot put, long jump and 600m run over a span of 2 hours.