



KTFC HIGH SCHOOL TRACK AND FIELD

**GET READY FOR T&F SEASON, CROSS
TRAIN, OR TRY A NEW SPORT!**

CHOOSE YOUR DISCIPLINE

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

Jumps: Tues & Thurs 4:30-6:00pm
** 30 min of extra conditioning included*

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

Throws: Mon & Thurs 4:00-5:00pm

2 days per week with twilight competitions available!

Cost: \$100.00 + \$15.75 BCA training membership for new members



**KAMLOOPS
TRACK & FIELD**

**20+ TRAINING SESSIONS
MARCH 28 TO JUNE 9**

REGISTER: WWW.KAMTRACK.CA