



## Online Registration Information

### Our programs

**Novice:** The Novice program is a 6 weeks, once a week, running both in the Fall and in the Spring for athletes 5 to 10 years old.

**Intermediate:** The Intermediate program runs from mid-September to April 1<sup>st</sup> for the Fall/Winter season and April 1<sup>st</sup> to mid-August for the Spring/Summer season. It is offered to athletes 10 to 13 years old and includes 2 training sessions per week. A full year membership is available during registration for the Fall/Winter season.

**Athlete:** The Athlete program runs from mid-September to April 1<sup>st</sup> for the Fall/Winter season and April 1<sup>st</sup> to mid-August for the Spring/Summer season. It is offered to athletes 14 to 35 years old and includes 3 training sessions per week. A full year membership is available during registration for the Fall/Winter season.

**Masters:** The Masters program runs from mid-September to April 1<sup>st</sup> for the Fall/Winter season and April 1<sup>st</sup> to mid-August for the Spring/Summer season. It is offered to athletes 35 years old and older, and includes 3 training sessions per week. A full year membership is available during registration for the Fall/Winter season.

**Cross Country:** The cross country program runs from mid-September to the end of October only during the Fall/Winter. It is offered to athletes 10 years old and older, and includes three training session per week.

**Road Runner:** The Road Runner program runs from mid-September to April 1<sup>st</sup> for the Fall/Winter season and April 1<sup>st</sup> to mid-August for the Spring/Summer season. It is offered to athletes 14 years old and older, and includes one training session per week. A full year membership is available during registration for the Fall/Winter season.

### Athletics New Brunswick membership

Every member of the Fredericton reds Track and Field has to be a member of ANB. Registration to ANB is available when you register to Freds on line. Mandatory for all registrants during the Fall/Winter season registration, even for athletes that are already ANB members, the new ANB registration will be in effect until Dec 31<sup>st</sup> of the following year.