



TRACK & FIELD
2023-2024 FOUNDATION PROGRAM
Winter I
FOR AGES 12 THROUGH 13

Nov 6th – Dec 16th (6 Weeks)

No Practices: ACXC- Nov 25th, Candy Cane Relays- Dec 16th

LOCATIONS: Louis Riel Dome- 1659 Bearbrook rd

REGISTRATION INFORMATION

Here – <https://www.trackiereg.com/23-24-Foundation-XC>

Athletes are asked to bring a light jacket, a water bottle, and comfortable shoes clothing for athletics.

Power Sped		Endurance	
Day	Time	Day	Time
Monday	5:00pm-6:30pm		
		Tuesday	6:00-7:30pm
Thursday	5:00pm-6:30pm		
Saturday	8:30am-10:00am		

Foundation Fees: 1 / week: \$190.00 2-3 / week: \$340.00

- Payment of fees due upon registration on trackiereg.ca
- Cheque, cash accepted by the program manager or registrar
- T.I.P. cards & scholarships must be presented at a practice to redeem.

REFUNDS ARE GRANTED WITHIN 3 DAYS OF REGISTRATION, SUBJECT TO A \$50 ADMIN FEE.

For more information:

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