



ATHLETICS / ATHLÉTISME

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

Feb 26th – Apr 13th (7 Weeks)

No Practices: March break – Mar 9th – 17th

Easter Bunny Pursuit- Mar 30th

Easter Monday- Apr 1st

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: \$220.00

2-3 / week: \$395.00

- 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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