



ATHLETICS / ATHLÉTISME

TRACK & FIELD 2023-2024 FOUNDATION PROGRAM SPRING

FOR AGES 12 THROUGH 13

Apr 15th – Jun 8th (8 Weeks)

No Practices: Victoria Day – May 20th

**LOCATIONS: Terry Fox Athletic Facility at Mooney's Bay-
2960 Riverside Dr**

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 Speed		Endurance	
Day	Time	Day	Time
Monday	6:30pm-8:00pm		
		Tuesday	6:30pm-8:00pm
Thursday	6:30pm-8:00pm		
Saturday	10:00am-11:30am		

Foundation Fees: 1 / week: \$250.00

2-3 / week: \$445.00

- 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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