



ATHLETICS / ATHLÉTISME

**TRACK & FIELD**  
**2023-2024 FOUNDATION PROGRAM**  
**SUMMER**  
**FOR AGES 12 THROUGH 13**

**Jun 10<sup>th</sup> – Aug 14<sup>th</sup> (10 weeks)**

**No Practices: Canada Day Jul 1<sup>st</sup>**

**Civic Holiday Aug 5<sup>th</sup>**

**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: \$310.00**

**2-3 / week: \$560.00**

- 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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