



ATHLETICS / ATHLÉTISME

**TRACK & FIELD  
2024 SPRING FOUNDATION POWER SPEED  
PROGRAM  
AGES 12-13**

**Apr 15<sup>th</sup>- Jun 8<sup>th</sup> 2024**

**LOCATION: Terry Fox Athletic Facility at Mooney’s Bay  
2960 Riverside dr**

**DATES OF NOTE: NO Practice: -May 24th (Victoria Day)**

**REGISTRATION INFORMATION**

Here - <http://www.trackiereg.com/23-24-OTTL-Founda-tion-PS>

Louis Riel Dome	
Day	Time
Monday	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:**

Telephone: 613-247-4886

Email: [info@ottawalions.com](mailto:info@ottawalions.com)

Website: [www.ottawalions.com](http://www.ottawalions.com)