



ATHLETICS / ATHLÉTISME

## TRACK & FIELD

# 2023 WINTER I ASPIRE POWER SPEED PROGRAM

AGES 14-16

**Nov 6<sup>th</sup>- Dec 16<sup>th</sup> 2023**

**NO Practice:**

**November 25th (Canadian Cross Country Championships - Hosting)**

**December 16th (Candy Cane Relays)**

**LOCATION: LOUIS RIEL DOME-** 1659 Bearbrook Rd, Gloucester, ON K1B 4N3

### REGISTRATION INFORMATION

Here - <http://www.trackiereg.com/OTTL-Aspire-ps>

Louis Riel Dome	
Day	Time
Monday	6:30pm – 8:00pm
Tuesday	6:30pm – 8:00pm
Thursday	6:30pm – 8:00pm
Saturday	9:30am – 11:30am

**Program Fees: 1 practice/ week: \$230.00 2-3 practices / week: \$415.00**

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