

JOIN TEAM CANADA SPRINTER

JASNEET NIJJAR



WORLD RELAYS BRONZE MEDALLIST | PARIS 2024 OLYMPIAN

TRACK CLINIC



SATURDAY
AUGUST 29, 2026
1:00 PM - 3:00 PM



North Delta
Secondary School Track
11447 82A Ave, Delta, BC



OPEN TO ALL
All ages and abilities
welcome!



\$10 / Person
Register on Trackie
Link in description & bio



Sprint Technique
IMPROVE YOUR SPEED
AND FORM



Strength and Mobility
BUILD POWER &
PREVENT INJURIES



MENTAL TOUGHNESS
DEVELOP FOCUS AND
CONFIDENCE



FUN AND SUPPORTIVE
LEARN, CONNECT & HAVE
FUN

COME TRAIN LIKE AN OLYMPIAN

SPACES ARE LIMITED
BRING WATER, WEAR
ATHLETIC GEAR & BE READY
TO LEARN!

**Proceeds go to CanFund to support Canadian Athletes. Donations are welcomed!*