

Track and Field **Training Schedule Jan.18- March 10, 2021**

Club Groups	Monday	Wednesday
Rascal 6-8 years old		6:00 -7:00 pm
JD (9 -13 years old)	6:00 -7:00pm	6:00 -7:00pm
Group 14+	4:30-6:00pm	4:30-6:00pm

Track and Field **Training Schedule March 29, - July 7, 2021**

Club Groups	Monday	Wednesday	Friday
Rascal 6-8 years old	6:00 -7:00 pm	6:00 -7:00 pm	
JD (9 -13 years old)	6:00 -7:15pm	6:00 -7:15pm	
Group 14+	4:30-6:00pm	4:30-6:00pm	5:00-6:30pm

Note:

There will be no training during Spring Break.

The last practice for Rascal will be on June 2, 2021.

The training on Friday's, a day before the competitions, will be cancelled.

Cross Country **Program September 13, - Nov.17,2021**

Club Groups	Monday	Wednesday
Rascal 6-8 years old	6:00 -7:00 pm	6:00 -7:00 pm
JD (9 -13 years old)	6:00 -7:00pm	6:00 -7:00pm
Group 14+	4:30-6:00pm	4:30-6:00pm

Note: The last track and field practice for JD and 14+ group will be on July 7, 2021.

The annual membership fee for the Rascal group is \$235.00 including BC Athletics membership fee.

Only for the Fall program (cross country) the Rascal fee is \$115.00 including BCA fee.