



TRACK & FIELD PROGRAMS

Find the right program for your athlete

At **Kilomaîtres LaSalle**, we offer track & field programs for athletes at different ages and experience levels—from children taking their first steps in athletics to athletes training and competing at a high level.

Registration is open throughout the season. Athletes may join during the season when space is available in their group. Some groups may have a waitlist, and competitive athletes may require an assessment before acceptance.

OUR PROGRAMS

□ INITIATION DISTANCE — AGES 9-13

Focus: Middle- and long-distance running, endurance and running technique, while continuing to develop fundamental athletic skills

Current schedule

- Wednesday, 6:00–7:00 PM

Registration fees include the mandatory Athletics Federation fees.

Team singlets, T-shirts and hoodies are available for purchase and are required for competitions.

Who is it for?

Young athletes who particularly enjoy running and want to develop their endurance and distance-running skills.

FREQUENTLY ASKED QUESTIONS

Can I register during the season?

Yes! Registration is open throughout the season. Athletes may join when space is available in their age group.

Does my child need previous track & field experience?

No. Our Initiation programs are designed specifically for first-time athletes who are learning the fundamentals of track & field.

How do I know which program is right for my child?



Start with the athlete's **age and experience level** above.

- **New to athletics:** Initiation
- **Interested mainly in distance running:** Initiation Distance
- **Ready to move beyond Initiation:** Novice Recreation
- **Has experience and wants to train twice a week:** Recreation
- **Committed to training and competition:** Competitive
- **High-level middle/long-distance athlete:** Elite Middle/Long Distance

If you are unsure, **contact the coach before registering.**

READY TO REGISTER?

Choose the program that best matches your athlete's age and experience, then complete registration.

Athletics Contact

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