



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

RECREATIONAL— AGES 12+

Focus: Continued skill development (Run Jumps and Throws), fitness and enjoyment of athletics.

Current schedule

- **Monday & Wednesday, 6:00–7:30 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?

Athletes who want to train regularly and improve their abilities without the commitment of the Competitive program.

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 Recreational programs are designed specifically for athletes ready for more structured training.

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.**

What happens if a group is full?

When a program reaches capacity, athletes may be placed in another group based on their availability. Call for possible solutions.

READY TO REGISTER?

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

Athletics Contact

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