



From a 7 year old beginner to an experienced senior or master level competitor, **we have a program for everyone.**

- Each athlete will receive the coaching and facility access required to achieve their full athletic potential.
- Training takes place indoor at the Regina Fieldhouse or outdoor at the Douglas Park Track.
- Practice times are available in the evenings and on weekends 3-6 days per week.
- Competitions are held in-town and out-of-town at the city, provincial, national and international level.

A variety of **annual and seasonal membership options** are available with low registration fees and limited volunteer requirements.

EXCEL
ATHLETIKA

Track and Field Club

Sign up for Annual, Fall, Winter or Spring Sessions now!

Age Group Information:

Run Jump Throw = 7-8 years
Pee Wee = 9-10 years
Bantam = 11-12 years
Midget = 13-14 years
Youth = 15-16 years
Junior = 17-18
Senior = 19 and up
Master = 35 and older

For more information, contact:
Grant Van Eaton
excelathletika@gmail.com
Or visit our website:
www.excelathletika.ca

EXCEL
ATHLETIKA

Track and Field Club



The Excel Athletika Track and Field Club offers programs in track and field and cross country for athletes of all ages and skill levels.



Coaching is provided for all event areas including:

- Sprints & Hurdles (60m - 400m)
- Jumps (Long, Triple, High, Pole Vault)
- Throws (Shot Put, Discus, Javelin, Hammer/Weight)
- Middle Distance (600m - 800m)
- Long Distance & Cross Country (1500m+)

Annual Programs:

Youth, Junior, Senior & Masters:

- 32 week program
- Start – October 18th (outdoor) – October 26th, 2014 (indoor)
- Finish – June 13th, 2015 (longer for athletes competing beyond this date)

Pee Wee, Bantam & Midget:

- 29 week program
- Start – October 26th, 2014 (indoor)
- Finish – June 13th, 2015 (longer for athletes competing beyond this date)



Seasonal Programs:

Fall 2014 Session:

- 7 week program + 1 meet (Friendship Games Regina)
- Start – October 26th, 2014 (indoor)
- Finish – December 12th, 2014

Winter 2015 Session:

- 7 week program + 2 meets (Sled Dog Saskatoon, SGI Classic Regina)
- Start – January 5, 2015
- Finish – February 13, 2015

Spring 2015 Session:

- 6 week program + 2 meets (Boeing Winnipeg & Kinsmen Saskatoon)
- Start – February 23rd, 2015
- Finish – April 3rd, 2015

2015 School Track Session:

- 9 week program + 4 meets (includes school meets and provincials)
- Start – April 12th, 2015 (indoor until April 25th)
- Finish – June 13th, 2015



Run – Jump – Throw Annual Program:

- 16 week program + Run, Jump, Throw Olympics
- Start – November 3rd, 2014 (indoor)
- Finish – April 22nd, 2015

Seasonal Programs:

Fall 2014 Session:

- 6 week program + Run, Jump, Throw Olympics
- Start – November 3rd, 2014 (indoor)
- Finish – December 12th, 2014

Winter 2015 Session:

- 6 week program + Run, Jump, Throw Olympics
- Start – January 5th, 2015
- Finish – February 14th, 2015

2015 Spring Track Session:

- 5 week program + Run, Jump, Throw Olympics
- Start – March 23th, 2015
- Finish – April 22, 2015