



The North Canterbury Athletic Club are excited to commence our 2024/2025

Track & Field season.

Come along to our open training days, meet our inspirational head coach, talk to our current members and find out what Athletics is all about!

## **Open Training Days**

**Ages:** 7 – 14 years\*

When: Tues 8th October 2024

Tues 15th October 2024 Tues 22nd October 2024

Time: 4.30 - 6.00pm

Where: Rangiora New Life School

Grounds, Rangiora Cost: \$5 per child

\*grade determined by age at 31st December 2024

Come prepared to get involved in training with comfortable running shoes and a drink bottle

For more information contact:

Children's Track & Field Manager ncanchildrensathletics@gmail.com

Track & Field Head Coach Laura Langley

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