



Our Junior Development program (JD program) is aimed at athletes 9-12 years of age.

We meet Tuesdays and Thursday from 4:30-6pm at Hillside Stadium (XC) and TCC (Indoor Season)

Currently the XC (Cross Country) season is in session and will run until the end of October.

Indoor season will begin at the beginning of November on our brand new indoor track!!

Indoor Season consists of all Track Events

Sprinting
Relays
Hurdles
Middle Distance
High Jump
Long Jump
Triple Jump
Discus
Shot Put
Javelin

Please visit our website at kamtrack.ca for all details

FaceBook:Kamloops Track and Field Club