

Mid-season Registration

Athletes may register and begin training before the start of the up-coming season. There is a \$75 charge for each additional month of training. For example, if an athlete registers for the Spring & Summer session, but would like to begin training in February. The athlete completes the Spring & Summer season registration and selects the 2 months additional purchase option on the registration page. The athlete would be required to pay the registration fee (\$275) plus the two-month additional purchase (\$150) for a total of \$625.

Program Price

- Fall season // winter season // spring season // summer season \$275
- Fall & Winter // Winter & Spring // Spring & Summer // Summer & Fall seasons \$450
- Full Year (12 months) \$800

****REGISTER HERE****

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

BRAMPTON TEAM

FALL SEASON

OUTDOOR SITE

Chinguacousy Park
9050 Bramalea Road
September 10 to October 17, 2019
Tuesday & Thursday @ 6 – 7:30 pm

INDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
October 22 to November 28, 2019
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
October 21 to November 29, 2019
Monday, Wednesday @ Friday @ 6:30 – 8 pm

WINTER SEASON

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
December 3 to February 27, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
December 2 to February 28, 2020
Monday, Wednesday @ Friday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at David Suzuki.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

BRAMPTON TEAM (Continued)

SPRING SEASON

INDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

March 3 to April 30, 2020

Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University

231 Ian MacDonald Boulevard (North York)

March 2 to May 1, 2020

Monday, Wednesday @ Friday @ 6:30 – 8 pm

OUTDOOR SITE

David Suzuki Secondary School

45 Daviselm Drive, Brampton

May 5 to May 28, 2020

Tuesday & Thursday @ 6:30 – 8 pm

SUMMER SEASON

David Suzuki Secondary School

45 Daviselm Drive, Brampton

June 2 to August 27, 2020

Tuesday & Thursday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at David Suzuki.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

DURHAM TEAM

FALL SEASON

OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School
1020 Dryden Boulevard, Whitby
September 10 to October 19, 2019
Tuesday & Thursday @ 6 – 7:30 pm; Saturday @ 10:30 - Noon

INDOOR SITE

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
October 22 to November 30, 2019
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

WINTER SEASON

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
December 3 to February 29, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

SPRING SEASON

INDOOR SITE

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
March 3 to May 2, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

OUTDOOR SITE

Father Leo J. Austin Catholic Secondary School
1020 Dryden Boulevard, Whitby, L1R 2A2
May 5 to May 30, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

SUMMER SEASON

Father Leo J. Austin Catholic Secondary School
1020 Dryden Boulevard, Whitby
June 2 to August 29, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

Note:

- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex*
- *There is a \$75 annual facility fee to use the track at Father Leo Austin*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

ETOBICOKE TEAM

FALL SEASON

OUTDOOR SITE

Option 1

Esther Lorrie Park
50 West Humber Boulevard, Etobicoke
September 10 to October 17, 2019
Tuesday & Thursday @ 6 – 7:30 pm

Option 2

Centennial Park
256 Centennial Park Rd, Etobicoke
September 10 to October 17, 2019
Tuesday & Thursday @ 6 - 7:30 pm

INDOOR SITE

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
October 22 to November 28, 2019
Tuesday & Thursday @ 6:30 – 8 pm

WINTER SEASON

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 3 to February 27, 2020
Tuesday & Thursday @ 6:30 – 8 pm

SPRING SEASON

INDOOR SITE

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
March 3 to April 30, 2020
Tuesday & Thursday @ 6:30 – 8 pm

OUTDOOR SITE

Father Henry Carr CSS
1760 Martin Grove Rd, Etobicoke
May 5 to May 28, 2020
Tuesday & Thursday @ 6:30 – 8 pm

SUMMER SEASON

Father Henry Carr CSS
1760 Martin Grove Rd, Etobicoke
June 2 to August 27, 2020
Tuesday & Thursday 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$75 annual facility fee to use the track at Father Henry Carr*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

MARKHAM TEAM

FALL SEASON

OUTDOOR SITE

Milliken Mills Park
4277 14th Avenue, Markham
September 9 to October 18, 2019
Monday, Wednesday & Friday @ 6 – 7:30 pm

INDOOR SITE

Option 1

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
October 22 to November 30, 2019
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

Option 2

Elementary Team

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
October 22 to November 28, 2019
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
October 21 to November 29, 2019
Monday, Wednesday @ Friday @ 6:30 – 8 pm

WINTER SEASON

Option 1

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
December 3 to February 29, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

Option 2

Elementary Team

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 3 to February 27, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Team

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 2 to February 28, 2020
Monday, Wednesday @ Friday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex.*

- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

MARKHAM TEAM (Continued)

SPRING SEASON

INDOOR SITE

Option 1

Oshawa Civic Recreation Complex
99 Thornton Road South, Oshawa
March 3 to May 2, 2020
Tuesday & Thursday @ 6:30 – 8 pm; Saturday @ 10:30 - Noon

Option 2

Elementary Team

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
March 3 to April 30, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Team

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
March 2 to May 1, 2020
Monday, Wednesday @ Friday @ 6:30 – 8 pm

OUTDOOR SITE

Bill Crothers Secondary School
44 Main Street, Unionville
May 4 to May 29, 2020
Monday, Wednesday @ Friday @ 6:30 – 8 pm

SUMMER SEASON

Bill Crothers Secondary School
44 Main Street, Unionville, L3R 2E4
June 1 to August 28, 2020
Monday, Wednesday @ Friday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *There is a \$175 annual facility fee to use the track at Oshawa Civic Complex.*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

MISSISSAUGA TEAM

FALL SEASON

OUTDOOR SITE

St. Marcellinus Catholic Secondary School
730 Courtney Park Drive
September 10 to October 18, 2019
Tuesday, Thursday & Friday @ 6:30 – 8 pm

INDOOR SITE

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
October 22 to November 29, 2019
Tuesday, Thursday & Friday @ 6:30 – 8 pm

WINTER SEASON

INDOOR SITE #1

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 3 to December 24, 2020
Tuesday, Thursday & Friday @ 6:30 – 8 pm

INDOOR SITE #2

Mississauga Stadium
560 Courtney Park Drive West, Mississauga
January 7 to February 28, 2020
Tuesday, Thursday & Friday @ 6:30 – 8 pm

SPRING SEASON

INDOOR SITE

Mississauga Stadium
560 Courtney Park Drive West, Mississauga
March 3 to May 1, 2020
Tuesday, Thursday & Friday @ 6:30 – 8 pm

OUTDOOR SITE

St. Marcellinus Catholic Secondary School
730 Courtney Park Drive
May 5 to May 29, 2020
Tuesday, Thursday & Friday @ 6:30 – 8 pm

SUMMER SEASON

St. Marcellinus Catholic Secondary School
730 Courtney Park Drive
June 2 to August 28, 2020
Tuesday, Thursday & Friday @ 6:30 – 8 pm

Note:

- There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre
- There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre
- There is a \$175 annual facility fee to use the track at Mississauga Stadium

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

NORTH YORK TEAM

FALL SEASON

OUTDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
September 10 to October 17, 2019
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Earl Bales Park
4169 Bathurst Street, North York
September 9 to October 18, 2019
Monday, Wednesday & Friday @ 6 – 7:30 pm

INDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
October 22 to November 28, 2019
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard (North York)
October 21 to November 29, 2019
Monday, Wednesday @ Friday @ 6:30 – 8 pm

WINTER SEASON

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 3 to February 27, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
December 2 to February 28, 2020
Monday, Wednesday & Friday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

NORTH YORK TEAM (Continued)

SPRING SEASON

INDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
March 3 to April 30, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
March 2 to May 1, 2020
Monday, Wednesday & Friday @ 6:30 – 8 pm

OUTDOOR SITE

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
May 5 to May 28, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
May 4 to May 29, 2020
Monday, Wednesday & Friday @ 6:30 – 8 pm

SUMMER SEASON

Elementary Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
June 2 to August 27, 2020
Tuesday & Thursday @ 6:30 – 8 pm

High School Group

Toronto Track & Field Centre at York University
231 Ian MacDonald Boulevard, North York
June 1 to August 28, 2020
Monday, Wednesday & Friday @ 6:30 – 8 pm

Note:

- *There is a \$3.25 daily fee for Elementary athletes to use the Track & Field Centre*
- *There is a \$5.50 for High School athletes to use the Toronto Track & Field Centre*
- *Distance runners, throwers, and jumpers attend practice on Tuesdays & Thursdays @ 6:30–8 pm at Toronto Track & Field Centre*
- *Hurdlers attend practice on Mondays & Wednesdays @ 6:30-8 pm at Toronto Track & Field Centre*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

SCARBOROUGH TEAM

FALL SEASON

OUTDOOR SITE

Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

September 9 to October 30, 2019

Monday & Wednesday @ 6 – 7:30 pm

High School Group

Birchmount Park

93 Birchmount Road, Scarborough

September 9 to November 2, 2019

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

INDOOR SITE

Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

November 4 to November 28, 2019

Monday, Wednesday & Thursday @ 6:30 – 8 pm

High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

November 5 to November 30, 2019

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

WINTER SEASON

Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

December 2 to February 27, 2020

Monday, Wednesday & Thursday @ 6:30 – 8 pm

High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

December 3 to February 29, 2020

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

SCARBOROUGH TEAM (Continued)

SPRING SEASON

INDOOR SITE

Elementary Group

Monarch Park Stadium

1 Parkmount Road, Toronto

March 2 to April 30, 2020

Monday, Wednesday & Thursday @ 6:30 – 8 pm

High School Group

Monarch Park Stadium

1 Parkmount Road, Toronto

March 3 to May 2, 2020

Tuesday, Thursday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

OUTDOOR SITE

Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

May 4 to May 27, 2020

Monday & Wednesday @ 6 – 7:30 pm

High School Group

Birchmount Park

93 Birchmount Road, Scarborough

May 4 to May 30, 2020

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

SUMMER SEASON

Elementary Group

Birchmount Park

93 Birchmount Road, Scarborough

June 1 to August 26, 2020

Monday & Wednesday @ 6 – 7:30 pm

High School Group

Birchmount Park

93 Birchmount Road, Scarborough

June 1 to August 29, 2020

Monday, Wednesday & Friday @ 4:30 – 7 pm; Saturday @ 10:30 - Noon

Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

2019-2020 TRAINING ONLY LOCATIONS, DAYS & TIMES

TORONTO TEAM

FALL SEASON

OUTDOOR SITE

Option 1

Riverdale Park East
550 Broadview Avenue, Toronto
September 9 to October 31, 2019
Monday, Wednesday & Thursday @ 6 – 7:30 pm

Option 2

Central Tech Stadium
725 Bathurst Street, Toronto
September 9 to October 30, 2019
Monday & Wednesday @ 6:30 – 8 pm

INDOOR LOCATION

Monarch Park Stadium
1 Parkmount Road, Toronto
November 4 to November 28, 2019
Monday, Wednesday & Thursday @ 6:30 – 8 pm

WINTER SEASON

Monarch Park Stadium
1 Parkmount Road, Toronto
December 2 to February 27, 2020
Monday, Wednesday & Thursday @ 6:30 – 8 pm

Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*

TORONTO TEAM (Continued)

SPRING SEASON

INDOOR LOCATION

Monarch Park Stadium
1 Parkmount Road, Toronto
March 2 to April 30, 2020
Monday, Wednesday & Thursday @ 6:30 – 8 pm

OUTDOOR SITE

Option 1

Monarch Park Stadium
1 Parkmount Road, Toronto
May 4 to May 28, 2020
Monday, Wednesday & Thursday @ 6:30 – 8 pm

Option 2

Central Tech Stadium
725 Bathurst Street, Toronto
May 4 to May 27, 2020
Monday & Wednesday @ 6:30 – 8 pm

SUMMER SEASON

Option 1

Monarch Park Stadium
1 Parkmount Road, Toronto
June 1 to August 27, 2020
Monday, Wednesday & Thursday @ 6:30 – 8 pm

Option 2

Central Tech Stadium
725 Bathurst Street, Toronto
June 1 to August 26, 2020
Monday & Wednesday @ 6:30 – 8 pm

Note:

- *There is a \$250 annual facility fee to use the Monarch Park Stadium facility*