



**2022/2023 FALL & WINTER TRAINING & FEE SCHEDULE**  
**- SENIOR CROSS COUNTRY & MIDDLE DISTANCE -**

Registration for this season will be online at: [www.trackiereg.com/OACS-Fall-Winter2023](http://www.trackiereg.com/OACS-Fall-Winter2023)

Registration opens: **Thursday, September 1<sup>st</sup>, 2022**

Our Fall/Winter Senior Cross Country Program will begin on Monday, September 12<sup>th</sup>

Indoor Track & Field will begin Wednesday, January 4<sup>th</sup>.

All Mon/Fri Cross Country practices are at Mission Creek Greenway – Sunday locations TBD

All Track & Field practices are at the Capital News Centre

**Training Days & Times:**

<b>Group</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Friday</b>	<b>Sunday</b>
Cross Country	5:30 – 7:00pm	N/A	5:30-7:00pm	*1pm
Track & Field	5:30 – 7:30pm	5:30 – 7:30pm	N/A	*TBD

\*Supplemental training (optional) – additional fee of \$75

**Season Dates:**

**Cross Country:** Monday, September 12<sup>th</sup> until Monday October 31<sup>st</sup>

**Winter track & field:** Wednesday, January 4<sup>th</sup> until Wednesday March 8<sup>th</sup>

There are **no** practices on the following days:

Monday, October 10<sup>th</sup> - Thanksgiving

Winter Break: Monday, December 19<sup>th</sup> – Monday, January 2<sup>nd</sup> (return Wednesday, January 4<sup>th</sup>)

Monday, February 20<sup>th</sup> - Family Day

**Competitions:**

**Cross-Country Races:**

Wed. Sept. 21: Zone Race #1

Wed. Sept. 28: Zone Race #2

Wed. Oct. 5: Zone Race #3

Wed. Oct. 12: Zone Race #4

Wed. Oct. 19: Zone Championships



Saturday, October 22: BC Cross Country Championships – location TBD

Tuesday, October 25: Valley Championships

Saturday, November 5: BC High School Championships – Victoria

**Track & Field Meets:**

OAC Fall Twilight Meet – Wednesday, October 19<sup>th</sup>,2022 - Kelowna

Gary reed Indoor Classic – February 3-4<sup>th</sup>, 2023 – Kamloops

Van Ryswyk Indoor meet – February 24-25<sup>th</sup>, 2023 - Kamloops

*Entry fees for competitions are additional to the fees listed below. Athletes are responsible for their own travel expenses to competitions and accommodation costs as applicable. Registration information for competitions will be sent via email by the club manager 1-2 weeks before the registration deadline.*

**Fees - Cross Country Program:**

Age on Dec 31 <sup>st</sup> , 2022	Group	BCA	Training Fee	Raffle Tickets	Total Fees
<b>*13 (2009)</b>	JD Athletes training with the Senior Cross Country Group <i>(by invitation only)</i>	\$60.00 Competitive	\$205.00	\$50.00	<b>\$315.00</b>
		\$15.75 Training only			<b>\$270.75</b>
<b>*14 (2008)</b>	U16	\$70.00 Competitive	\$205.00	\$50.00	<b>\$325.00</b>
		\$15.75 Training only			<b>\$270.75</b>
<b>*15 (2007) 18-*22 (2004 – 2000)</b>	U16 **Post-Secondary	\$73.50 Competitive	\$205.00	\$50.00	<b>\$318.50</b>
		\$15.75 Training only			<b>\$270.75</b>
<b>16/17 (2006/2005) 18/19(2004/2003) 20-34 (2002 – 1988)</b>	U18 U20 Senior	\$94.50 Competitive	\$205.00	\$50.00	<b>\$349.50</b>
		\$15.75 Training only			<b>\$270.75</b>
<b>35+ (1989 - )</b>	Masters	\$63.00 Competitive	\$205.00	\$50.00	<b>\$318.00</b>
		\$15.75 Training only			<b>\$270.75</b>
<b>Supplemental Training</b>					<b>\$75.0</b>

\* Membership will be for the current year only i.e., 2022

\*\* Proof of registration at a recognized post-secondary institution required

## Methods of Payment

1. Online at trackiereg.com with a credit card (there is a small processing fee for payment by this method)
2. By e-transfer to Brad Heinzman at [president@okac.ca](mailto:president@okac.ca)
3. By monthly installment (2 equal payments; September and October) via e-transfer to Brad - (see #2) The first e-transfer must be received on or before September 12<sup>th</sup>, or by 2 postdated cheques. (September 12<sup>th</sup> & October 12<sup>th</sup>) The cheques must be handed in at the first practice

## Fees – Track & Field Program:

Age on Dec 31 <sup>st</sup> , 2023	Group	BCA	Training Fee	Raffle Tickets	Total Fees
<b>13 (2010)</b>	JD Athletes training with the Senior Middle Distance Group <i>(by invitation only)</i>	\$60.00 Competitive	\$410.00	\$50.00	<b>\$520.00</b>
		\$15.75 Training only			<b>\$475.75</b>
<b>14 (2009)</b>	U16	\$70.00 Competitive	\$410.00	\$50.00	<b>\$530.00</b>
		\$15.75 Training only			<b>\$475.75</b>
<b>15 (2008) 18-22 (2005 – 2001)</b>	U16 **Post-Secondary	\$73.50 Competitive	\$410.00	\$50.00	<b>\$533.50</b>
		\$15.75 Training only			<b>\$475.75</b>
<b>16/17 (2007/2006) 18/19(2005/2004) 20-34 (2003 – 1989)</b>	U18 U20 Senior	\$94.50 Competitive	\$410.00	\$50.00	<b>\$554.50</b>
		\$15.75 Training only			<b>\$475.75</b>
<b>35+ (1988 - )</b>	Masters	\$63.00 Competitive	\$410.00	\$50.00	<b>\$523.00</b>
		\$15.75 Training only			<b>\$475.75</b>
<b>Supplemental Training</b>					<b>\$75.00</b>

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3. By monthly installment (3 equal payments; January, February, and March) via e-transfer to Brad - (see #2) The first e-transfer must be received on or before January 4<sup>th</sup>, or by 3

postdated cheques. (January 4<sup>th</sup>, February 4<sup>th</sup> & March 4<sup>th</sup>) The cheques must be handed in at the first practice

### **Sibling Discount**

There is a 10% discount for a 2nd sibling and 15% for 3rd + from the OAC training fee. This will be applied automatically on registration.

### **Annual BC Athletics Fee**

BC Athletics membership fees are valid until December 31st 2023 for new and renewing members registering on or after September 1<sup>st</sup>. (Except for athletes signing up for the cross country program only). In order to compete in track meets, athletes require a competitive membership. A training membership can be upgraded for an additional fee of \$44.75 + a \$5.00 admin fee (total \$49.75).



### **Training Shirt**

As part of registration, each athlete who registers by September 6th, 2022, will receive an OAC training shirt to keep. It is important to indicate your size at registration, or we cannot guarantee that we will have your size available for you. Athletes are encouraged to wear them to practices but it is not mandatory. Those who register late are not guaranteed a training shirt and will receive one only if stocks allow.

### **Refunds**

As the number of athletes and funding is used to determine coaching requirements and funding, the Club does not provide refunds as a matter of policy. However, in the case of medical circumstance, some level of refund of the OAC Training Fee will be considered at the discretion of the Club Executive. However, the BC Athletics Fee portion of the membership fees is non-refundable.

***Please note: OAC has adopted a "No Pay, No Play" policy, whereby OAC fees that have not been paid in full (or whereby a pre-approved payment plan is not in place) by the athlete's first training session of the season, then that athlete will NOT be permitted to train. Additionally, any athlete with outstanding fees from any previous season(s) will not be permitted to train unless a payment plan is in place***

For all other information, please refer to the  
**2022/2023 OFFICIAL OAC HANDBOOK,**

As always please do not hesitate to contact me if you have any questions.

Karen Hatch  
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