2026 Fall Schedule & Fee Overview

- **Registration Opens:** Tuesday, September 1, 2026
- **Registration Link:** https://okanaganathleticsclub.uplifterinc.com/registration/
- **Winter Programs:** Information and registration are available online at www.okac.ca

Track Rascals – Age 3-8
Season Dates: Monday, September 14th – Wednesday October 28th
Practice Days/Times: Mon & Wed | 4:30 PM – 5:30 PM
NO Practices: Mon October 12th & Wed October 14th
Location: Apple Bowl

Fees:

BC Athletics Membership	OAC Training Fee	Total
*$25.00	$80 (1 day) $130 (2 days)	$105 (1 day) $155 (2 days)

Special Events:
- **Track Rascals Finale; "Run, Jump, Throw" event:** Saturday, October 31 | 10:30 AM – 11:30 AM (Apple Bowl)

**BC Athletics Membership fee applies to new athletes only (valid until Dec 31, 2026).*

Cross Country – Junior Development – Age 9-13
Season Dates: Friday, September 11th – Friday October 16th
Practice Days/Times: Mon & Fri | 4:30 PM – 6:00 PM
NO Practices: Mon October 12th (Thanksgiving)
Location: Mission Greenway (meets at the EECO Centre parking lot picnic table)

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
*$50.00	$175.00	$50.00	$275.00

Cross Country – Senior - Ages 14+
Season Dates: Friday, September 11th – Saturday, November 21st
Practice Days/Times: Mon & Fri 4:30 PM – 6:00 PM | Sat (10:00 AM – 12:00 PM)*
NO Practices: Mon October 12th (Thanksgiving)
Location: Mission Greenway (meets at the EECO Centre parking lot picnic table)
**Saturday locations may vary for race preparation*

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
*$75.00	$325.00 (+ GST for 15+)	$100.00	$550.00 (+ GST for 15+)

**BC Athletics Membership fee applies to new athletes only (valid until Dec 31, 2026).*

Track & Field – Junior Development – Age 9-13
Season Dates: Wednesday, September 16th – Wednesday, December 16th
Practice Days/Times: Mon & Wed | 4:00 PM – 5:30 PM
Location: Apple Bowl (September 7th – October 31st) and MNP Place (November 1st – December 18th)

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
***$50.00**	**$305.00**	**$100.00**	**$455.00**

Track & Field – Power/Speed – Age 14+
Season Dates: Wednesday, September 16th – Wednesday, December 16th
Practice Days/Times: Mon & Wed | 5:30 PM – 7:30 PM | Sat 10:00 AM – 12:00 PM
Supplemental Training: Thursday | 5:30 PM – 7:00 PM – beginning Thursday, September 24th
Location: Apple Bowl (September 7th – October 28th) and MNP Place (November 2nd – December 16th)

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
***$75.00**	**$525.00**	**$100.00**	**$700.00**
Supplemental Training *(invited athletes only)*			**$150.00**

**BC Athletics Membership fee applies to new athletes only (valid until Dec 31, 2026).*

Track & Field – Junior Development – Age 9-13 (Outdoor only)
Season Dates: Wednesday, September 16th – Wednesday, October 28th
Practice Days/Times: Mon & Wed | 4:00 PM – 5:30 PM
Location: Apple Bowl

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
***$50.00**	**$195.00**	**$50.00**	**$295.00**

Track & Field – Power/Speed – Age 14+ (Outdoor only)
Season Dates: Wednesday, September 16th – Saturday, October 31st
Practice Days/Times: Mon & Wed | 5:30 PM – 7:30 PM | Sat 10:00 AM – 12:00 PM
Location: Apple Bowl

Fees:

BC Athletics Membership	OAC Training Fee	Raffle Tickets	Total
***$75.00**	**$265.00**	**$50.00**	**$390.00**

Meets & Competitions

- **Oct 15:** OAC Fall Twilight Meet (Kelowna, BC)
- **Oct 17:** BC Athletics Provincial XC Championships (Nanoose Bay, BC)
- **Nov 7:** BCSS High School XC Championships (Abbotsford, BC)
- **Nov 28–29:** Canadian XC Championships (Quebec City, QC)
- **December (Date TBD):** Kamloops Christmas Challenge (indoors) (Kamloops, BC)

Note: Entry fees, travel, and accommodation costs are not included in training fees.

Trial Membership & Discounts

- **3-x Trial Membership:** $60 (+$10 BC Athletics temporary membership) for 3 consecutive practices (not available for Track Rascals). If joining the club, $50 is applied toward full registration fees.
- **Sibling Discount:** 10% off for 2nd child; 15% off for 3rd+ child on OAC training fees.

Payment & Policies

- **Payment Methods:** Credit card online via AthleticsReg.ca, or e-Transfer to payment@okac.ca
- **Installments:** 4 equal e-Transfers (+$15 admin fee). First payment due on or before the first practice. Contact Karen at manager@okac.ca before registering, if you wish to pay by this method.
- **No Pay, No Play:** Fees must be paid in full or on an approved plan before training or competing. Outstanding balances from previous seasons must be cleared.
- **Refunds:** Non-refundable policy (except potential medical exemptions at Club Executive discretion).
- **Weather:** Practices run rain or shine unless notified of severe weather via email/socials.
- **Training Shirts:** Complimentary shirt provided for early registrants while supplies last.