



WEST VANCOUVER TRACK & FIELD CLUB

2017 Training Schedule (rain or shine) – Updated: October 27, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:45 – 6:15 PM	Intermediate Team * At Mahon Track Intermediate & Senior Teams (Middle Distance) * At Mahon Track Senior Team (Sprints) * At WVSS Track Senior Team (Multi-events) * At WVSS Track	 Senior Team (Multi-events) * At Mahon Track	Intermediate Team * At Mahon Track Intermediate & Senior Teams (Middle Distance) * At Mahon Track Senior Team (Sprints) * At Level 10	 Senior Team (Sprints) * At WVSS Track Senior Team (Multi-events) * At Level 10
5:00 – 6:30 PM	Junior Development (A Group) * At Irwin Park Elementary School Gym	 Junior Development (B Group) * At Hollyburn Elementary School Gym	Junior Development (A Group) * At Irwin Park Elementary School Gym	 Junior Development (B Group) * At Hollyburn Elementary School Gym

Training sessions at West Vancouver Secondary School Track may include some off-site running in nearby neighbourhoods. Meet at the Club's field house on the SE curve of the running track. This schedule is subject to change to suit athletes' and coaches' availability. Please check with info@westvantrack.com before attending your first training session.