



WEST VANCOUVER TRACK & FIELD CLUB

2018 Training Schedule (rain or shine) – Updated: April 15, 2018

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Team (Sprints) Coach Eugene	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	4:45 - 6:15 pm WVSS Track	
Senior Team (Multi-events) Coach Clay	4:45 - 6:15 pm WVSS Track	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	
Intermediate Team Coach Alex	5:00 - 6:30 pm WVSS Track		5:00 - 6:30 pm WVSS Track		
Intermediate Team (Distance) Coach Art	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track		
Junior Development (A Group) Coach Joey	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track		
Junior Development (B Group) Coach Tom		4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	
Adult Masters Team Coach Clay	6:30 - 8:00pm WVSS Track			6:30 - 8:00pm WVSS 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.