



WEST VANCOUVER TRACK & FIELD CLUB

2017 Training Schedule (rain or shine) – Updated: August 15, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:45 – 6:15 PM	Junior Development (A Group) * At WVSS Track Intermediate Team * At WVSS Track Intermediate & Senior Teams (Middle Distance only) * At WVSS Track Senior Team (Sprints) * At WVSS Track Senior Team (Multi-events) * At WVSS Track	 Junior Development (B Group) * At WVSS Track Senior Team (Multi-events) * At WVSS Track	Junior Development (A Group) * At WVSS Track Intermediate Team * At WVSS Track Intermediate & Senior Teams (Middle Distance only) *At WVSS Track Senior Team (Sprints) * At Level 10	 Junior Development (B Group) * At WVSS Track Senior Team (Sprints) * At WVSS Track Senior Team (Multi-events) * At Level 10
6:30 – 8:00 PM	Adult Masters *At WVSS Track		Adult Masters *At WVSS Track	

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.