



# WEST VANCOUVER TRACK & FIELD CLUB

## 2018 Training Schedule (rain or shine) – Updated: May 1, 2018

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Senior Team (Sprints) Coach Eugene</b>	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	4:45 - 6:15 pm WVSS Track	
<b>Senior Team (Multi-events) Coach Clay</b>	4:45 - 6:15 pm WVSS Track	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	
<b>Intermediate Team Coach Alex</b>	5:00 - 6:30 pm WVSS Track		5:00 - 6:30 pm WVSS Track		
<b>Intermediate Team (Distance) Coach Art</b>	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track		
<b>Junior Development (A Group) Coach Joey</b>	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track		
<b>Junior Development (B Group) Coach Tom</b>		4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	
<b>Adult Masters Team Coach Clay</b>	6:15 - 7:15pm WVSS Track			6:15 - 7:15pm WVSS Track	

This schedule is subject to change to suit athletes' and coaches' availability. Please check with [info@westvantrack.com](mailto:info@westvantrack.com) before attending your first training session.