



WEST VANCOUVER TRACK & FIELD CLUB

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

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Varsity Team (Sprints) Coach Eugene		4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track	
Varsity Team (Multi-events) Coach Alex	4:45 - 6:15 pm WVSS Track		5:00 - 6:30 pm WVSS Track		
Varsity Team (Distance) Coach Art	4:45 - 6:15 pm WVSS Track		4:45 - 6:15 pm WVSS Track		
Junior Varsity Team (A Group) Coach Tom	5:00 - 6:30 pm Irwin Park Elementary School Gym		5:00 - 6:30 pm Irwin Park Elementary School Gym		
Junior Varsity Team (B Group) Coach Daniel		5:00 - 6:30 pm Hollyburn Elementary School Gym		5:00 - 6:30 pm Hollyburn Elementary School Gym	

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