



WEST VANCOUVER TRACK & FIELD CLUB

2018 Training Schedule (rain or shine) – Updated: December 27, 2017

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Senior Team (Sprints) Coach Eugene (starting Jan. 2, 2018)	4:45 - 6:15 pm WVSS Track	1:00 - 2:30 pm WVSS Track (Jan. 2, 2018 only)	4:45 - 6:15 pm Level 10	4:45 - 6:15 pm WVSS Track	
Senior Team (Multi-events) Coach Clay (starting Jan. 15, 2018)	4:45 - 6:15 pm Mahon Track	4:45 - 6:15 pm Mahon Track		4:45 - 6:15 pm Level 10	
Intermediate Team Coach Alex (starting Jan. 15, 2018)	5:00 - 6:30 pm Mahon Track		5:00 - 6:30 pm Mahon Track		
Intermediate Team (Distance) Coach Art (starting Jan. 15, 2018)	4:45 - 6:15 pm Mahon Track		4:45 - 6:15 pm Mahon Track		
Junior Development (A Group) Coach Joey (starting Jan. 15, 2018)	5:00 - 6:30 pm Irwin Park Elementary School Gym		5:00 - 6:30 pm Irwin Park Elementary School Gym		
Junior Development (B Group) Coach Tom (starting Jan. 16, 2018)		5:00 - 6:30 pm Hollyburn Elementary School Gym		5:00 - 6:30 pm Hollyburn Elementary School Gym	
Adult Masters Team Coach Clay (starting April 2, 2018)	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.