



# WEST VANCOUVER TRACK & FIELD CLUB

## 2017 Training Schedule (rain or shine) – Updated: March 30, 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:45 – 6:15 PM	<b>Junior Development</b> * At WVSS Track  <b>Intermediate Team</b> * At WVSS Track  <b>Senior Team</b> * At WVSS Track		<b>Junior Development</b> * At WVSS Track  <b>Intermediate Team</b> *At WVSS Track  <b>Senior Team</b> * At WVSS Track	<b>Senior Team</b> * At WVSS Track	
6:30 – 8:00 PM	<b>Adult Masters</b> *At WVSS Track starting April 3, 2017		<b>Adult Masters</b> *At WVSS Track starting April 3, 2017		

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](mailto:info@westvantrack.com) before attending your first training session.