

**TRACK & FIELD Training SCHEDULE 2017
APRIL/MAY/JUNE 2017**

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------|----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------|--------|----------|
| 23 APRIL | 24 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 25 | 26 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 27 100m, 200m, 400m, 800m, 1500m, | 28 | 29 |
| 30 | 1 MAY 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 2 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 3 | 4 100m, 200m, 400m, 800m, 1500m, | 5 | 6 |
| 7 | 8 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 9 | 10 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 11 100m, 200m, 400m, 800m, 1500m, | 12 | 13 |
| 14 | 15 100m, 200m, 400m, 800m, 1500m, LJ, TJ | 16 | 17 100m, 200m, 400m, 800m, 1500m, LJ, TJ, Relay | 18 100m, 200m, 400m, 800m, 1500m, Relay | 19 | 20 |
| 21 | 22 Victoria Day | 23 100m, 200m, 400m, 800m, 1500m, LJ, TJ, Relay | 24 100m, 200m, 400m, 800m, 1500m, TJ, LJ, Relay | 25 100m, 200m, 400m, 800m, 1500m, Relay | 26 | 27 |
| 28 | 29 100m, 200m, 400m, 800m, 1500m, LJ, TJ, Relay | 30 | 31 100m, 200m, 400m, 800m, 1500m, LJ, TJ, Relay | 1 JUNE 100m, 200m, 400m, 800m, 1500m, Relay | 2 | 3 |
| 4 | 5 100m, 200m, 400m, 800m, 1500m, LJ, TJ, Relay | 6 | 7 LKESAA Meet @ Central Athletics Track | 8 LKESAA Meet Rain date @ Central Athletics Track | 9 | 10 |

Practices: Practices run from **4:15-5:15** at the **Central Athletics Track** (beside Hanna). **Thursday's practice is for runners only.** Athlete's need to dress for the weather. **Please note, we no longer have access to washrooms.**