



**WEST VANCOUVER
TRACK & FIELD CLUB**

2023/2024 Training Schedule (rain or shine) – Updated: October 31, 2023

TRAINING GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adult Masters Team (Multi-events) Coach Darcie	6:00-7:30 pm MAHON		6:00-7:30 pm MAHON			
Senior Varsity Team (Multi-events) Coach Peter	6:15-7:45 pm MAHON		6:15-7:45 pm MAHON		6:15-7:45 pm MAHON	
Varsity Team (Multi-events) Coach Peter	5:00-6:30 pm MAHON		5:00-6:30 pm MAHON		5:00-6:30 pm MAHON	
Advanced Junior Varsity Team (Multi-events) Coach Daniel	6:00-7:15 pm MAHON		6:00-7:15 pm MAHON			
Junior Varsity Team (Multi-events) Coach Morgan	5:00-6:15 pm MAHON		5:00-6:15 pm MAHON			
Junior Varsity Team (Multi-events) Coach Rachael	5:00-6:15 pm MAHON		5:00-6:15 pm MAHON			
Junior Varsity Team (Multi-events) Coach Sara	5:00-6:15 pm MAHON		5:00-6:15 pm MAHON			
Senior Varsity Team (Middle Distance & Cross-Country) Coach Cindy & Coach Charlie	(self-warmup at 5:00pm) 5:30-6:45 pm Location as per weekly Facebook group posting		(self-warmup at 5:00pm) 5:30-6:45 pm Location as per weekly Facebook group posting			(self-warmup at 9:00am) 9:30-10:45 am Location as per weekly Facebook group posting

<p align="center">Varsity Team (Middle Distance & Cross-Country)</p> <p align="center">Coach Cindy & Coach Charlie</p>	<p align="center">4:45-5:45 pm Location as per weekly Facebook group posting</p>		<p align="center">4:45-5:45 pm Location as per weekly Facebook group posting</p>			
<p align="center">Junior Varsity Team (Middle Distance & Cross-Country)</p> <p align="center">Coach Art</p>	<p align="center">5:00-6:15 pm Location as per weekly Facebook group posting</p>		<p align="center">5:00-6:15 pm Location as per weekly Facebook group posting</p>			

This schedule is subject to change based on weather conditions, unavoidable coaching absences, as well as to suit athletes' and coaches' availability. In the absence of a coach, the Club will schedule a replacement coach whenever possible.