



# ST. THOMAS LEGION TRACK & FIELD CLUB

September - October 2017				
Venue	Date	Training Type	Start Time	End Time
Pinafore Park	Sat. Sep. 30, 2017	Base Training/ Cross Country	2:00 pm	3:30 pm
Pinafore Park	Mon. Oct. 2	Base Training/ Cross Country	5:00 pm	6:30 pm
Spring bank Park	Wed. Oct. 4	Base Training/ Cross Country	5:00 pm	6:30 pm
Aquatic Center	Sat. Oct. 7	Pool Workout	2:00 pm	3:30 pm
Pinafore Park	Mon. Oct. 9	Base Training/ Cross Country	5:00 pm	6:30 pm
Spring bank Park	Wed. Oct. 11	Base Training/ Cross Country	5:00 pm	6:30 pm
Aquatic Center	Sat. Oct. 14	Pool Workout	2:00 pm	3:30 pm
Pinafore Park	Mon. Oct. 16	Base Training/ Cross Country	5:00 pm	6:30 pm
Spring bank Park	Wed. Oct. 18	Base Training/ Cross Country	5:00 pm	6:30 pm
Aquatic Center	Sat. Oct. 21	Pool Workout	2:00 pm	3:30 pm
Pinafore Park	Mon. Oct. 23	Base Training/ Cross Country	5:00 pm	6:30 pm
Spring bank Park	Wed. Oct. 25	Base Training/ Cross Country	5:00 pm	6:30 pm
Aquatic Center	Sat. Oct. 28	Pool Workout	2:00 pm	3:30 pm
Pinafore Park	Mon. Oct. 30	Base Training/ Cross Country	5:00 pm	6:30 pm
Spring bank Park	Wed. Nov. 1, 2017	Base Training/ Cross Country	5:00 pm	6:30 pm
November - December 2017				
Venue	Date	Training Type	Start Time	End Time
Aquatic Center	Sat. Nov. 4	Pool Workout	2:00 pm	3:30 pm
Thompson Arena First day Indoors	Tue. Nov. 7	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Nov. 9	Track & Field	7:30 pm	9:00 pm

Thompson Arena	Sat. Nov. 11	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Nov. 14	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Nov. 16	Track & Field	No Practice	Hockey Game
Thompson Arena	Sat. Nov. 18	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Nov. 21	Track & Field	No Practice	Track meet Western Team
Thompson Arena	Thu. Nov.23	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Nov. 25	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Nov.28	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Nov. 30	Track & Field	No Practice	Hockey Game
Thompson Arena	Sun. Dec. 3, 2017	Track & Field	2:30 pm	4:30 pm
Thompson Arena	Tue. Dec. 5	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Dec. 7	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Dec. 9	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Dec. 12	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Dec. 14	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Dec. 16	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Dec. 19	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Dec. 21	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Dec. 23	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Dec. 26 Christmas Holidays	Track & Field	No Practice	
Thompson Arena	Thu. Dec. 28	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Dec. 30	Track & Field	2:00 pm	4:00 pm
<b>January - February - March 2018</b>				
<b>Venue</b>	<b>Date</b>	<b>Training Type</b>	<b>Start Time</b>	<b>End Time</b>

Thompson Arena	<b>Tue. Jan. 2, 2018</b>	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Jan. 4	Track & Field	No Practice	Hockey Game
Thompson Arena	Sat. Jan. 6	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Jan. 9	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Jan. 11	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Jan. 13	Track & Field	No Practice	Hockey Game
Thompson Arena	Tue. Jan. 16	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Jan. 18	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Jan. 20	Track & Field	No Practice	Track meet
Thompson Arena	Tue. Jan. 23	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Jan. 25	Track & Field	No Practice	Hockey Game
Thompson Arena	Sat. Jan. 27	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Jan. 30	Track & Field	6:00 pm	7:30 pm
Thompson Arena	<b>Thu. Feb. 1, 2018</b>	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Feb. 3	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Feb. 6	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Feb. 8	Track & Field	No Practice	Hockey Game
Thompson Arena	Sat. Feb. 10	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Feb. 13	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Feb. 15	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Feb. 17	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. Feb. 20	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. Feb. 22	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. Feb. 24	Track & Field	2:00 pm	4:00 pm

<b>Thompson Arena</b>	Tue. Feb. 27	Track & Field	6:00 pm	7:30 pm
<b>Thompson Arena</b>	<b>Thu. Mar. 1, 2018</b>	Track & Field	7:30 pm	9:00 pm
<b>Thompson Arena</b>	Sat. Mar. 3	Track & Field	2:00 pm	4:00 pm