

## FALL SCHEDULE

Notice of changes to this schedule will be emailed by coaches on a weekly basis. Please make sure that your coach has your email address.

Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Date starting
Track Rascals			Program runs Jan to June 09					
Gr. 3-4 Andrea	5-6.30pm Ambleside		5-6.30pm Ambleside					Sept. 8
Gr. 5-6 Elena and Greg		5-6.30pm Ambleside		5-6.30pm Ambleside				Sept 3
Gr 7-9 Elena/Rob Erin	5pm-6.30pm Ambleside		5-6.30pm Ambleside	5-6.30pm Ambleside				Sept 4
Juv + Sprints/Hurd. Rob/Erin	5-6.30pm Ambleside		5-6.30pm Ambleside			TBA to suit athletes at Handsworth		Sept 4
Juv + and Grades7-9 Distance Cindy/Darcy	4.30pm Ambleside or alternate location		4.30pm Handsworth or alternate location			4.30pm Stanley Park or alternate location		Sept 4
Juv + Ham/Discus Caroline		6.45pm West Van Track		6.45pm West Van Track				Sept 3
Juv + Jumps Elena	6.30-8pm Ambleside		6.30-8pm Ambleside	6.30-8pm Ambleside		10.30-12noon Handsworth		Sept 4
Juv + Shot and Jav Elena	TBA				h			TBA
Grade 7 and up Pole Vault with Doug		6pm West Van Track						Sept 3

**CHANGES MAY BE MADE TO THIS SCHEDULE TO MEET THE NEEDS OF THE ATHLETES. PLEASE CALL Dawn 604-929-3554 BEFORE ATTENDING PRACTICES. All athletes must register before participating. See Registration at [www.norwesterstandf.com](http://www.norwesterstandf.com)**