

Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track Rascals	TBA						
Gr 3/4/5 Mike	5.30-7pm Ambleside		5.30-7pm Ambleside				
Gr 6/7 Emily	5.30-7pm Ambleside		5.30-7pm Ambleside				
Gr 8-12 Elena Multievents	5pm-6.30pm Ambleside		5-6.30pm Ambleside	5-6.30pm Ambleside			
Distance Kyryll	5-6.30pm Ambleside		5-6.30pm Ambleside			10.30-12 noon Handsworth	
Juv + Sprints Rob	5-6.30pm Ambleside			5-6.30pm Ambleside		10.30-12noon Handsworth	
Juv + Hurdles	TBA						
Juv + Jumps Elena	6.30-8pm Ambleside		6.30-8pm Ambleside	6.30-8pm Ambleside		10am Handsworth	
Ham/Discus Caroline		6.30-8pm West Van					
Pole Vault Doug		6.00-7.30pm West Van					
Racewalk Steeplechase	TBA						

**PLEASE CALL Ragan at 604-987-8562 or Dawn at [dcopping@telus.net](mailto:dcopping@telus.net) BEFORE ATTENDING PRACTICES. CHANGES MAY BE MADE TO THIS SCHEDULE TO MEET THE NEEDS OF THE ATHLETES.**

**Fall Program updated August 25, 2011.**