

Group	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Track Rascals							
Gr 3-6 Elena		5-6.30pm Hollyburn		5-6.30pm Chartwell			
Gr 7-9 Elena	5pm-6.30pm Westcot		5-6.30pm Westcot	5-6.30pm Chartwell			
Juv + Sprints/Hurd/ Distance Mark	5-6.30pm Chartwell		5-6-30pm Ridgeview	5-6.30pm Ridgeview			
Juv + Ham/Discus Caroline	6.30-7.30pm Cedardale Elementary		6.30-7.30 Ridgeview (After Olympics)				
Juv + Shot/Jav	TBA						
Pole Vault Doug	6.30-7.30pm Cedardale Elementary						
Juv + Jumps Elena	6.30-8pm Westcot		6.30-8pm Westcot	6.30-8pm Chartwell		10am Handsworth Track	

**PLEASE CALL Ragan at 604-987-8562 or Dawn at 604-929-3554 BEFORE ATTENDING PRACTICES. CHANGES MAY BE MADE TO THIS SCHEDULE TO MEET THE NEEDS OF THE ATHLETES.**

**Winter program updated Feb 9, 2010.**