University of Calgary Indoor Training Program 2016-17 Weekly Schedule

OVAL

Monday		Tue	esday		Wednesday		Т	Γhursday			Friday		
4:00-5:30pm	n Pole Vault	4:00	0-7:00pm Varsity	-END (DL/MV) 2	0 4:00-5:30pm	Pole Vault	4	1:00-7:00pm	Varsity-END (DL/MV)	20	4:00-5:30pi	n Pole Vault	
4:00-7:00pm	Varsity/UCAC-S/P (RC)	15	UCAC	- END (MV/TC)	0 4:00-7:00pm	Spartans-END (OD)	15		UCAC - END (MV/TC)	20	4:00-7:00pm	Varsity/UCAC-S/P (RC)	20
	Caltaf-END (CL/JL)	20	Caltaf-l	END (CL) 1	5	Spartans-S/P (DS)	15		Varsity/UCAC-S/P (BV)	15		Spartans-S/P (DS)	15
	Spartans-END (OD)	15	Varsity	/UCAC-S/P (RC) 1	5	Caltaf-END (CL)	15		Varsity/UCAC-S/P (RC)	15		Spartans-END (OD)	15
	Spartans-S/P (DS)	15	Sparta	n-S/P (DS/GG) 1	5	Varsity/UCAC-S/P (RC)	15		Caltaf-END (CL)	20		Caltaf-END (CL)	15
	Varsity- S/P (DC)	15	Varsity	/UCAC-S/P (BV) 1	5	Varsity- S/P (DC)	15		Spartan-S/P (DS/GG)	15		Varsity - S/P (DM)	15
	Varsity - S/P (DM)	15	Caltaf-	S/P (JL)	5	Varsity - S/P (DM)	15		Varsity - S/P (DM)	15			
	LJ pit 4:00pm-UCAC(RC/JK)/CS	(MS) LJ p	pit Varsity.	/UCAC/6:15-Caltaf (JM)	LJ pit	Caltaf (JM)	L	_J pit	Varsity/UCAC (RC/JK)		LJ pit	4:00pm-Spartans (MS)	
7:00-9:00pm	Pole Vault				7:00-9:00pm	Pole Vault							
	UCAC	10				TBD							

Saturday		Sunday					
Not Available		10:30am-1:30pm	Varsity/UCAC-END (DL/MV/TC)				
			Varsity/UCAC-S/P (BV)	15			
			Varsity/UCAC-S/P (RC)	15			
			Spartans - (GG)	15			
LJ pit		LJ pit	UCAC (DM)				

JACK SIMPSON

Saturday

1:00-3:00pm

Monday		Tuesday		Wednesday		Thursday		Friday	
4:00-6:30pm		4:00-6:30pm		4:00-6:30pm	HJ - Varsity (DM)	5 4:00-6:30pm	Spartans-S/P (DS/GG)	15	Closed
					HJ - Spartans (GU) Caltaf- S/P (ES)	15			Occasionally available
		6:30-7:00pm	Varsity Relay Practice	5:00-7:00pm	Varsity Relay Practice				
6:30-8:00pm	Caltaf -JD (SB/BM)	30 6:30-8:00pm	Caltaf - S/P (JM)	15 6:30-8:00pm	Spartans-JD (JW)	15 6:30-8:00pm	Caltaf-S/P (JM)	25	
	Spartans-JD (JW) Caltaf - S/P (JM)	15 15	Varsity-Throws (EK) Share with UCAD	10	Throws - Varsity (EK) Share with UCAD	10	Caltaf -JD (SB/BM)	30	
	HJ - Caltaf	10				-			
	Throws - Caltaf (PS)	15							

Varsity - Throws
Varsity/UCAC-END (DL/MV/TC) Spartans - (GG) 15 Varsity - S/P (DM) 15 Varsity/UCAC-S/P (BV) Spartans - (GG)

10

15

Sunday

15 9:00am-2:00pm

Thank You for your Support and Cooperation

Caltaf -S/P(JM)

HJ - Varsity (DM)

10

10

40

15

Phone: 220-2479 / email: lamont@ucalgary.ca

Caltaf-END (CL)

Varsity - Throws

Varsity- S/P (DC)