

2021-2022 Indoor Schedule

	Coach Richard	Coach Llew	Coaches Deon & Amy	Coach TBD	Coach Natasha	Coach Ninoy	Coach Liam
	Athlete development	Sprints, jumps, hurdles	Distance	Distance	Sprints	Jumps	Throws
	Seven Chiefs Sportsplex	Olympic Oval (U of C)					Jack Simpson (U of C)
Mon	5:30-7:00 LJ coach Ninoy	5:00-7:00	5:00-7:00		4:50-6:30		4:30 - 5:30
Tues				5:00-7:00	4:50-6:30		
Wed	5:30-7:00	5:00-7:00	5:00-7:00		4:50-6:30	5:00-7:00	5:00 - 6:00
Thurs				5:00-7:00	4:50-6:30		
Fri	5:30-7:00	5:00-7:00	5:00-7:00			5:00-7:00	
Sat							1:00 - 2:00 (alternate)
Sun		10:30 - 12:00		10:30-12:30			10:00 - 11:00 (alternate)
Start Date	Nov 1	Nov 1	Weather Dependent	Dec	Nov 1	Nov 1	Nov 1