



Indoor Track & Field

January 7 – March 20, 2019

Starting in January, the Saint John Track Club will once again provide bi-weekly training sessions at UNBSJ. For children ages 8-10 we offer the Run/Jump/Throw program as an introduction to the events of track and field with a focus on fun & fitness. Athletes age 11 and up will work on general fitness, strength training and technique for indoor competitions. Athletes are welcome to attend one or both of the sessions held each week.

Training Sessions: Note-All sessions will be at UNBSJ

Location	Program	Times	Day	Starting
UNBSJ Athletics Center	Run/Jump/Throw (ages 7-10) Competitive athlete training (ages 11 or older)	5:00 – 6:00 pm 5:00 – 6:30 pm	Every Monday & Wednesday	Jan 7 th
Quispamsis Middle School (to be confirmed)	Run/Jump/Throw (ages 7-10) Junior Development (ages 11 or 13)	3:00 – 4:00 pm	Sundays for 6 weeks	Jan 13 th

Please Note:

- Schedules may change from time to time due to conflicts with other events at these facilities.
- Additional practice times may be confirmed by event coaches following the Christmas break.

Indoor Competitions and events: For most up to date schedule see www.anb.ca

November 24	Gagetown Invitational	Oromocto, N.B.
December 22	Moncton Last Chance Meet	Moncton, N.B.
January 12	Moncton Open	Moncton, N.B.
January 18-19	Athletics Nova Scotia Open	Halifax, N.S.
February 2	N.B. Indoor Championships & RJTW Series Meet	Oromocto, N.B.
February 10	ANB Performance Practice #3	Moncton, N.B.
February 22-23	Atlantic University Championships & Open (Ages 17+)	Moncton, N.B.
February 23-24	Atlantic Indoor Championships & RJTW Athletics	Moncton, N.B.
March 15-17	Hershey Canadian Indoor Championships	Montreal, Qc
March 20	SJTC Indoor Fun Meet	UNB Saint John

Note New Online Registration below...

Registration must be done online a

ANB fees cover all of 2019 including indoor track, outdoor track and cross-country seasons.

PROGRAM / ATHLETE GROUP FEES	Club Fee Per Season	Annual ANB
Run/Jump/Throw (Ages 8-10)	\$80	\$50
Athletes Ages 11+	\$100	\$50
Club High Performance (Designated Athletes who are receiving personal coaching support)	\$150	\$50

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For more information go to www.sjtc.ca

