

# Indoor Programs

Irving Oil Field House  
November 2, 2019 – March 20, 2020

## Track & Field Programs for Intermediate & Senior Ages 12 to 29

- Track & field training promote physical fitness and competitions.
- Strengthen fundamental skills of running, jumping and throwing.
- Build endurance, develop speed, strength & mental skills
- Programs are offered three times during the year for 12-16 weeks
- Three sessions per week on Monday, Wednesday & Saturday
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

Age Group	Program Name & Description	When Offered	Sessions/week Total Sessions	Cost / Program + ANB fee	Provincial ANB Fee
Ages 12-15	<b>Track &amp; Field - Junior Development group</b> – For new athletes wanting to be introduced to all events of track & field in a group environment specific to their age. Gain knowledge of each event with potential to compete for personal challenge & opportunities for provincial teams	Nov - March	30-35 sessions over 12-16 weeks Monday / Wednesday 5:30 – 7:00 pm	\$120	+ Full \$57.50 Member fee – Paid once annually
Ages 16 & up	<b>Track &amp; Field/X-Country – Event Group Training</b> Athletes receive coaching as part of a general training group in specific events for fitness, school or recreational competition & opportunities for provincial teams as they develop.	Nov – March	30-35 sessions over 12-16 weeks Monday / Wednesday 5:30 – 7:00 pm	\$120	+ Full \$57.50 Member fee – Paid once annually
Ages 14+	<b>Track &amp; Field/Road Runner - High Performance Training Group</b> – For experienced athletes needing personal coaching for specific event groups focused on competing for provincial teams & at regional/national championships. - Build endurance, develop speed, strength & mental skills - Multiple sports still supported with a primary focus on track & field in summer - Focused training for peak performance during main competitive season(s)	Nov – March	30-35 sessions over 12-16 weeks Monday / Wednesday 5:30 – 7:00 pm  Saturday 10:00 – 12:00 am (as directed by personal coach)	\$150	+ Full \$57.50 Member fee – Paid once annually

**Online Registration:** [www.trackiereg.com/SJIndoorPrograms](http://www.trackiereg.com/SJIndoorPrograms)

ANB fees cover all of 2020 including indoor track, outdoor track and cross-country seasons.

**For Information contact:**

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For more information go to [www.sjtc.ca](http://www.sjtc.ca)



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## 2019 - 2020 Indoor Track & Field Competitions

For most up to date schedule see [www.anb.ca](http://www.anb.ca)

November 23	Red & Black Open	Saint John, N.B.
December 21	Moncton Last Chance Meet	Moncton, N.B.
January 11	Moncton Open	Moncton, N.B.
January 18	Saint John Open	Saint John, N.B.
	Athletics Nova Scotia Open	Halifax, N.S.
January 31 - February 1	N.B. Indoor Championships & RJTW Series Meet	Saint John, N.B.
February 12	UNB/SJTC – Indoor Twilight Meet	Saint John, N.B.
February 20-21	Atlantic University Championships & Open (Ages 17+)	Saint John, N.B.
March 14-15	Atlantic Indoor Championships & RJTW Atlantics	Saint John, N.B.
March 14-15	Canadian Masters Indoor Championships	Saint John, N.B.
March 21-22	Hershey Canadian Indoor Championships	Montreal, Qc
March 20	SJTC Indoor End of Season Fun Meet	Saint John, N.B.

