

Indoor Programs

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

Programs for Adults of all ages

- Training promote physical fitness and competitions.
- Gain access to indoor training facilities and a team training atmosphere
- 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
- Monthly Social Events
- Where: Irving Oil Field House – 129 McAllister Dr., Saint John NB

Program Name & Description	Times of year	Sessions/week Total Sessions	Cost / Program + ANB Fee	Provincial ANB Fee
Master's Track & Field Program – For adult athletes competing masters track & field events – Training for life for fun and fitness - Focus on specific preparation & more event specialization - Build endurance, develop speed, strength & mental development	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$120	+ Full \$57.50 Member fee – Paid once annually
Greater SJ Runners Club- Endurance Program for athletes competing in road running, triathlon or other endurance competitions comfortable with a group coaching environment. Goal is to build endurance, develop speed & strength.	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$150	
Walk/Jog for Fitness – Parent access to the track for training for fitness with no coaching provided. Only available during SJTC sessions	Nov - March	30-35 sessions over 12-16 weeks Monday, Wednesday & Saturday	\$150	

Online Registration: www.trackiereg.com/SJIndoorPrograms

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

For Information contact:

Phone:

Email

Bill MacMackin

506-647-4931

SaintJohnTrack@gmail.com

Chris Belof

506-638-2489

chris.belof@unb.ca

Sue Ellis

506-609-0114

Sue.EllisLoparco@nbed.nb.ca

Julia Loparco

506-608-1175

julialoparco5@gmail.com

For more information go to www.sjtc.ca



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2019 - 2020 Indoor Track & Field Competitions

For most up to date schedule see 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.

