

Indoor Programs

Irving Oil Field House
November 9, 2020 – March 28, 2021

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	Track & Field - Junior Development group – 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	\$160	+ Full \$57.50 Member fee – Paid once annually
Ages 16 & up	Track & Field – Event Group Training - Athletes receive coaching as part of training groups (Sprints/Distance/Jumps/Throws) 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	\$160	+ Full \$57.50 Member fee – Paid once annually
Ages 14+	Track & Field/Road Runner - High Performance Training Group – 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)	\$180	+ Full \$57.50 Member fee – Paid once annually

Online Registration: [Indoor Programs](#)

ANB fees cover all of 2021 including indoor track, outdoor track and cross-country seasons.

For Information contact:

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For more information go to www.sjtc.ca



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2020 - 2021 Indoor Track & Field Competitions

Each registration includes one prepaid event entry into the highlighted meets hosted by SJTC

For most up to date schedule see www.anb.ca

November 21	Red & Black Open	Saint John
December 5	SJTC Fall Indoor	Saint John
December 19	Moncton Last Chance Meet	Moncton
January 9	Moncton Open	Moncton
January 29 – 30	N.B. Indoor Championships	Saint John
February 13	UNB/SJTC – Indoor Meet	Saint John
Additional meets will be added to the schedule later this fall		

