



Truro Lions Track & Field Club

EVENT TRAINING PROGRAM

Age 12 - Masters

Athletes can train in any event offered. Fee includes all events.

Please select your events when registering.

Cost: \$95 Club fee plus Athletics NS fee (choose annual or seasonal membership)

Practices begin June 7; some events will run until Legions or Canada Games.

Tuesday, June 14 - Club night at TAAC, all members and families welcome.

Tentative schedule:

LONG & TRIPLE JUMPS:

Tuesdays & Thursdays

5:15-6:15pm Group 1

6:15-7:15pm Group 2 (warm up at 5:45pm)

Location: TAAC Grounds

HIGH JUMP: Thursdays 6:00-7:00pm; June 9 - July 28

Location: Cougar Dome Turf. Arrive 20 minutes early for warm-up & set-up.

HURDLES: Tuesday's 4:30-5:30pm

Location: TAAC Grounds

SPRINTS: Tuesdays & Thursdays 5:30-7:00pm, all groups

Location: TAAC Grounds

Other locations TBA - Hill training, block training, special events.

DISTANCE: Tuesdays & Thursdays 5:30-7:00pm
 Location: TAAC Grounds
 Other locations TBA - Hill training, long run Sunday, special events.

SHOT PUT, DISCUS, HAMMER THROW:
 Tuesdays & Thursdays 5:15-7:00pm
 Location: TAAC Grounds

JAVELIN THROW:
 Tuesdays & Thursdays
 3:15-4:30pm June 7-30
 6:00-7:30pm July 5 - Canada Games
 Location: CEC football field (enter through gate on soccer field side)

Tentative competition schedule

May 7, 2022	Athletics NS Warm-up Meet, Beazley Field, Dartmouth
June 3-4, 2022	SSNS Provincial Championships, Stellarton (Sanctioned)
June 25-26, 2022	Athletics NS Open
July 9-10, 2022	Athletics NS Canada Games & Legion Trials Meet, Stellarton * This is a required meet for athletes applying for Team Selection to Legions
July 23-24, 2022	Atlantic Championships, Beazley Field, Dartmouth
August 5-7, 2022	Legion Youth National Championships, Sherbrooke QC
August 16-20, 2022	Canada Games, Niagara ON