

# Truro Lions Track & Field Club

Summer Program 2023

## **Tentative event training schedule:**

**LONG/TRIPLE Jumps:** Tuesdays and Thursdays 5:00 - 7:00pm. Location: Cougar Dome. Starting June 8

**HIGH JUMP:** Sundays June 4, 18, and 25<sup>th</sup> 10:30am – noon. Thursdays 5:00-7:00pm starting June 8 and Tuesday, August 1.  
Location: Cougar Dome.

**JAVELIN:** Tuesdays and Thursdays 3:15 – 4:30pm in June, starting June 13<sup>th</sup>. Tuesday 5:45 – 7:15pm and Thursday 10:00 - 11:30am in July. Location: CEC football field.

**THROWS:** Mondays and Wednesdays 5:30 -7:30pm, Shot Put and Discus. Location: SCA field. Starting June 7.  
Fridays 5:30 - 7:30pm Hammer Throw. Location: Redcliff

**HURDLES:** Thursdays 5:00 – 6:00pm. Location: Cougar Dome. Starting June 8.

**SPRINTS:** Thursdays 6:00-7:00pm. Starting June 8. Location: Cougar Dome

Tuesdays 5:30 – 7:00pm. Starting June 13. Possible Tuesdays 9:00 – 10:30am July, TBD. Location: CEC football field.

**DISTANCE:** Tuesday, Thursday 5:45-7:00pm and some Sunday evenings. Starting June 8. Various locations (VP, BHRec, CEC)

**HILL TRAINING:** All events welcome. Sunday's, possibly 4:30-5:45pm TBA

Email: [trurolions@gmail.com](mailto:trurolions@gmail.com) facebook/Instagram/twitter: @trurolionstf Registration: <https://www.trackie.com>

## Truro Lions Track & Field Club

### RUN JUMP THROW

Tuesdays May 30, June 6, June 13, June 20, July 4\* Tetrathlon

Time: 5:00 – 6:00pm

Location: Cougar Dome

### GIRLS IN MOTION

Thursday June 1 (High Jump)

Tuesdays June 6, June 13, June 20, July 4, July 11, July 18\* Tetrathlon

Time: 6:00 – 7:00pm

Location: Cougar Dome and CEC football field



**NOTE:** Weekly emails will be sent out to registered members to notify of any change in schedule, location and upcoming competition information. Please check your inbox regularly for these updates.

This season we are navigating through adjustments in training venues due to the rebuild of the TAAC Grounds. Thank you for your patience and cooperation. We look forward to an exciting season ahead!

**#WeAreLions**

Email: [trurolions@gmail.com](mailto:trurolions@gmail.com) facebook/Instagram/twitter: @trurolionstf Registration: <https://www.trackie.com>