

TRURO LIONS TRACK & FIELD CLUB

General, tentative event training schedule:
(November & December 2024)

Monday	Tuesday	Wednesday *	Thursday	Friday	Saturday	Sunday *
6:00 - 8:00pm Sprints CD	5:30 - 6:30pm Hurdles CD	6:00 - 7:30pm Sprints	5:30 - 6:30pm Hurdles CD			10:00am Sprints
5:30 - 6:30pm 1 6:00 - 7:30pm 2 High Jump CD	6:00 - 8:00pm Long/Triple Jumps CD	6:00 - 7:30pm Distance	6:00 - 8:00pm Long/Triple Jumps CD	6:00 - 7:30pm High Jump (all) CD		10:00am Distance
7:00 - 9:00pm Throws CD			6:30 - 8:00pm Sprints CD	7:00 - 9:00pm Throws CD		10:30am Racewalk (monthly)

* Wednesday and Sunday practice locations may vary.

No Sunday practice if it is a competition weekend.

Please refer to weekly email on Sunday evenings for confirmation of practice times and locations.