

# 2025-2026 TRAINING SCHEDULE- K

\*All programs take place at Clement Track & Collier Throws Centre unless

## Age

Track Rascals	6-8	seasonal intake
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Junior Development	9-13	2025 Fall Cross Country
		** locations: Ga
		2025 Fall Track & Field
		2026 Winter Track & Field @ Richmond Olympic Oval
		2026 Spring/Summer Track & Field only

Athlete Development	14+	2025 Cross Country season only
		** locations: Ga
		2025-2026 ANNUAL Track & Field + Cross Country
		2026 Track & Field Winter Intake
		2026 Track & Field Spring Intake

<b>EVENTS GROUPS - Athletes age 14+ (all times subject to change)</b>	
Endurance + Cross Country	
Sprints + Jumps	
Hurdles	
Circle Throws	
Javelin	

Varsity (post-secondary)	19+	2025-26 Track & Field + XC Annual Varsity
Masters	35+	2025 Masters Membership - Running group

# AJAKS TRACK & FIELD CLUB

; otherwise noted

\*\*updated August 16.2025

## Dates

## Training Schedule

TBA Fall 2025	M & W or M & F
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Sept 2 to October 25	T,TH 4:45-6:00pm, Sat 10am *TBC
arry Point Park, Terra Nova Park, Clement Track & more	
Sept & Oct	* not running
January	T&TH - times to be confirmed
April - end of July	T&TH + 1 day

Aug 25 - Dec 19 2025	M&W&F 4pm, Sat 9am
arry Point Park, Terra Nova Park, Clement Track & more	
Sept 2025 to July 2026	See <b>Events Groups 14+</b> below
Jan - end of July	See Events Groups 14+ below
April to end of July	See Events Groups 14+ below

<b>(to change in competitive season)</b>	
Aug 2025 - July 2026	M&W&F 4-5:30pm; Sat 9am
Sept 2025 - July 2026	Tuesday & Thursday & Saturday times to be set in season
Sept 2025 - July 2026	M&W 4pm; Sat 10am
Oct 2025 - July 2026	Tues & Thurs, Saturday morning times to be set in season
January to July 2026	Rotating schedule TBD
Sept 2025 to Aug 2026	See Event Groups - Athletes 14+
January to December 2025	T, Th 5pm