



TRACK AND FIELD TRAINING CLINICS 2017

ATHLETES from GRADE 4 to 8



Saturday April 8th



Sprints

Distance

Long Jump

Shot Put



Saturday April 22nd



Sprints

Distance

High Jump

Shot Put

NIAGARA OLYMPIC TRACK AND FIELD COMPLEX

78 LOUTH ST., ST CATHARINES

REGISTRATION FEE \$5.00

REGISTRATION @11:30



CLINIC 12:00 TO 1:30

www.nocrunners.com

Contact: sharon.noc@outlook.com