

Niagara Olympic Club Training Schedule

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
19	20 6:00 PM @ track	21	22	23 6:00 PM @ track	24	25 10:00 AM @ Short Hills Pelham Rd. Entrance
26	27 6:00 PM @ track	28	29	30 6:00 PM @ track	31	

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 AM @ Short Hills Pelham Rd. Entrance
2	3 6:00 PM @ track	4	5	6 6:00 PM @ track	7	8 10:00 AM @ Short Hills 10:00 am Spring Clean UP 12:00 pm Spring Clinic #1
9	10 6:00 PM @ track	11	12	13 6:00 PM @ track	14	15 10:00 am @ track
16	17 6:00 PM @ track	18	19	20 6:00 PM @ track	21	22 10:00 am @ track Spring Clean UP 12:00 pm Spring Clinic #2
23	24 6:00 PM @ track	25	26	27 6:00 PM @ track	28	29 10:00 am @ track
30						

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 6:00 PM @ track	2 <i>HS Zone 3-4 Qualifier</i>	3	4 6:00 PM @ track	5	6 10:00 am @ track
7	8 6:00 PM @ track	9 <i>HS Zone 3</i>	10	11 6:00 PM @ track <i>HS Zone 4</i>	12	13 10:00 am @ track
14	15 6:00 PM @ track	16	17	18 NO practice <i>HS SOSSA @ NOC</i>	19	20 10:00 am @ track
21	22 6:00 PM @ track	23	24	25 6:00 PM @ track <i>HS SOUTH REG @ Hamilton</i>	26 <i>HS SOUTH REG @ Hamilton</i>	27 10:00 am @ track
28	29 6:00 PM @ track	30	31			

June 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:00 PM @ track <i>HS ofsa @ Belleville</i>	2 <i>HS ofsa @ Belleville</i>	3 10:00 am @ track <i>HS ofsa @ Belleville</i>
4	5 6:00 PM @ track	6	7 <i>DSBN Champs</i>	8 6:00 PM @ track	9	10 10:00 am @ track
11 <i>District B Legion meet @ Brampton</i>	12 6:00 PM @ track	13	14	15 6:00 PM @ track	16	17 10:00 am @ track AO JR SR @ Windsor
18 AO JR SR @ Windsor	19 6:00 PM @ track	20	21	22 6:00 PM @ track	23	24 10:00 am @ track
25	26 6:00 PM @ track	27	28	29 6:00 PM @ track	30	

Niagara Olympic Club Training Schedule July 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 10:00 am @ track
2	3 6:00 PM @ track	4	5	6 6:00 PM @ track AC JR SR @ Ottawa	7 AC JR SR @ Ottawa	8 10:00 am @ track AC JR SR @ Ottawa
9 AC JR SR @ Ottawa	10 6:00 PM @ track	11	12	13 6:00 PM @ track	14	15 10:00 am @ track
16	17 6:00 PM @ track	18	19	20 6:00 PM @ track	21	22 10:00 am @ track MTA champs @ Etobicoke
23 MTA champs @ Etobicoke	24 6:00 PM @ track	25	26	27 6:00 PM @ track	28	29 AO BMY @ Brampton
30 AO BMY @ Brampton	31		RCL Midget-Youth @ Brandon, MB August 11-13 Schedule for these athletes TBD			