

## NIAGARA OLYMPIC CLUB 2018 INDOOR SEASON TRAINING SCHEDULE

**NOTE: The indoor facility at York University is called the Toronto Track and Field Center located at 231 Ian MacDonald Blvd., North York. (you can also refer to 4700 Keele St.) \$5.00 cash fee at the door.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>JANUARY</i>	1	2	3	4 <i>York U Training</i>	5	6 10:00 am @ track
7	8 6:30 pm @ Ridley	9	10	11 Weather dependent 6:00pm @ Skyzone OR the TRACK	12	13
14	15 6:30 pm @ Ridley	16	17	18 <i>York U Training</i>	19	20 10:00 am @ track
21	22 6:30 pm @ Ridley	23	24	25 Weather dependent 6:00pm @ Skyzone OR the TRACK	26	27 10:00 am @ track
28	29 6:30 pm @ Ridley	30	31	1 <i>FEBRUARY</i> <i>York U Training</i>	2	3 10:00 am @ track
4	5 6:30 pm @ Ridley	6	7	8 <i>York U Training</i>	9	10 10:00 am @ track
11	12 6:30 pm @ Ridley	13	14	15 6:00 PM @ TRACK	16	17 <i>AO Y/S meet</i>
18 <i>AO Y/S meet</i>	19 6:30 pm @ Ridley	20	21	22 <i>York U Training</i>	23	24 10:00 am @ track
25	26 6:30 pm @ Ridley	27	28	1 <i>MARCH</i> 6:00 PM @ TRACK	2	3 <i>AO BMJ meet</i>
4 <i>AO BMJ meet</i>	5 NO PRACTICE	6	7	8 6:00 PM @ TRACK	9	10 DEPART FOR CAMP