

NIAGARA OLYMPIC CLUB 2018 SPRING-SUMMER TRAINING SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
18 MARCH	<i>19</i> 6:00 PM @ track	<i>20</i>	<i>21</i>	<i>22</i> 6:00 PM @ track	<i>23</i>	<i>24</i> 10:00 AM @ Short Hills Pelham Rd. Entrance
<i>25</i>	<i>26</i> 6:00 PM @ track	<i>27</i>	<i>28</i>	<i>29</i> 6:00 PM @ track	<i>30</i>	<i>31</i> 10:00 AM @ Short Hills Pelham Rd. Entrance
1 APRIL <i>HAPPY EASTER</i>	<i>2</i> 6:00 PM @ track	<i>3</i>	<i>4</i>	<i>5</i> 6:00 PM @ track	<i>6</i>	<i>7</i> 10:00 AM @ Short Hills Pelham Rd. Entrance
<i>8</i>	<i>9</i> 6:00 PM @ track	<i>10</i>	<i>11</i>	<i>12</i> 6:00 PM @ track	<i>13</i>	<i>14</i> 10:00 AM @ TRACK
<i>15</i>	<i>16</i> 6:00 PM @ track	<i>17</i>	<i>18</i>	<i>19</i> 6:00 PM @ track	<i>20</i>	21 10:00 am @ TRACK + Spring Clean UP 12:00 pm Spring Clinic #1
<i>22</i>	<i>23</i> 6:00 PM @ track	<i>24</i>	<i>25</i>	<i>26</i> 6:00 PM @ track	<i>27</i>	28 10:00 am @ TRACK + Spring Clean UP 12:00 pm Spring Clinic #2
<i>29</i>	<i>30</i> 6:00 PM @ track					

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
MAY		1	2	3 6:00 PM @ track	4	5 10:00 am @ TRACK 12:00 pm Spring Clinic #3
6	7 6:00 PM @ track	8 NRHSAA PRELIM	9 NCAA PRELIM	10 6:00 PM @ track	11	12 10:00 AM @ TRACK
13	14 6:00 PM @ track HS ZONE 3	15	16 HS ZONE 4	17 6:00 PM @ track	18	19 10:00 AM @ TRACK
20	21 6:00 PM @ track	22	23	24 6:00 PM @ track HS SOSSA	25	26 10:00 AM @ TRACK
27	28 6:00 PM @ track	29	30	31 6:00 PM @ track HS S. REGIONS	1 JUNE HS S. REGIONS	2 10:00 AM @ TRACK
3	4 6:00 PM @ track	5	6	7 6:00 PM @ track	8	9 10:00 AM @ TRACK
10	11 6:00 PM @ track	12	13	14 6:00 PM @ track	15	16 LEGION DISTRICT B MEET @ NOC
17	18 6:00 PM @ track	19	20	21 6:00 PM @ track	22	23 10:00 AM @ TRACK AO JR SR
24 AO JR SR @ TORONTO	25 6:00 PM @ track	26	27	28 6:00 PM @ track	29	30 10:00 AM @ TRACK

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 JULY	2 6:00 PM @ track	3	4	5 6:00 PM @ track AC Nats JR SR @ Ottawa	6 AC Nats JR SR @ Ottawa	7 10:00 AM @ TRACK AC Nats JR SR @ Ottawa
8 AC Nats JR SR @ Ottawa	9 6:00 PM @ track	10	11	12 6:00 PM @ track	13 @ NOC ONTARIO LEGION CHAMPIONSHPS	14 @ NOC ONTARIO LEGION CHAMPIONSHPS
15	16 6:00 PM @ track	17	18	19 6:00 PM @ track	20	21 AO BMY @ WINDSOR
22 AO BMY @ WINDSOR	23 TBD for OSG and National athletes	24	25	26	27	28
29	30 6	31	1 AUGUST	2	3 Ontario Summer Games @ London	4 Ontario Summer Games @ London
5	6	7	8	9	10 CANADIAN LEGION CHAMPS @ BRANDON, MB	11 CANADIAN LEGION CHAMPS @ BRANDON, MB
12 CANADIAN LEGION CHAMPS @ BRANDON, MB						

Note: Twilight Meets have not been posted to the fixtures list. More to come!

June 16—RCL District B open entries for Bantam, Midget Youth

June 23-24 AO Junior Senior Championships open entries for Junior and Senior

July 5-8 Athletics Canada Junior Senior Championships entries by Qualification Standards

July 13 –14 RCL Ontario Championships by Selection from the District B team

July 21– 23 AO Bantam, Midget, Youth Championships open entries

August 3 –4 Ontario Summer Games by Selection for Bantam and Midget

August 10—12 RCL National Championships—Midget and Youth entries by Qualification Standards or Ontario Team selection