

Niagara Olympic Club 2019 Indoor Season Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December 2018						<i>1</i>
<i>2</i>	<i>3 6:30 pm @ Ridley</i>	<i>4</i>	<i>5</i>	<i>6 6:00 pm track or performance zone</i>	<i>7</i>	8 Registration, training, goals, lunch
<i>9</i>	<i>10 6:30 pm @ Ridley</i>	<i>11</i>	<i>12</i>	<i>13 6:00 pm track or performance zone</i>	<i>14</i>	<i>15 10am @ Track</i>
<i>16</i>	<i>17 6:30 pm @ Ridley</i>	<i>18</i>	<i>19</i>	<i>20 6:00 pm track or performance zone</i>	<i>21</i>	<i>22 10am @ Track</i>
<i>23</i>	<i>24</i>	<i>25 Merry Christmas</i>	<i>26</i>	<i>27 6:00 pm track or performance zone</i>	<i>28</i>	<i>29 10am @ Track</i>
<i>30</i>	<i>31</i>					
January 2019 Note: York U indoor track trips are weather dependent; details TBA		<i>1 Happy New Year</i>	<i>2</i>	<i>3 York University</i>	<i>4</i>	<i>5 10am @ Track</i>
<i>6</i>	<i>7 6:30 pm @ Ridley</i>	<i>8</i>	<i>9</i>	<i>10 6:00 pm track or performance zone</i>	<i>11</i>	<i>12 10am @ Track</i>
<i>13</i>	<i>14 6:30 pm @ Ridley</i>	<i>15</i>	<i>16</i>	<i>17 York University</i>	<i>18</i>	<i>19 10am @ Track</i>
<i>20</i>	<i>21 6:30 pm @ Ridley</i>	<i>22</i>	<i>23</i>	<i>24 6:00 pm track or performance zone</i>	<i>25</i>	26 AO PREP MEET
27 AO PREP MEET	<i>28 6:30 pm @ Ridley</i>	<i>29</i>	<i>30</i>	<i>31 York University</i>		
February 2019						<i>1</i>
<i>3</i>	<i>4 6:30 pm @ Ridley</i>	<i>5</i>	<i>6</i>	<i>7 6:00 pm track or performance zone</i>	<i>8</i>	<i>2 10am @ Track</i>
10 AO U18 & open	<i>11 6:30 pm @ Ridley</i>	<i>12</i>	<i>13</i>	<i>14 York University</i>	<i>15</i>	<i>9 AO U18 & open</i>
<i>17</i>	<i>18 6:30 pm @ Ridley</i>	<i>19</i>	<i>20</i>	<i>21 York University</i>	<i>22</i>	<i>16 10am @ Track</i>
<i>24</i>	<i>25 6:30 pm @ Ridley</i>	<i>26</i>	<i>27</i>	<i>28 6:00 pm track or</i>		<i>23 10am @ Track</i>
March 2019						<i>1</i>
3 AO U14,16 &20	<i>4 No training</i>	<i>5</i>	<i>6</i>	<i>7 6:00 pm @ track</i>	<i>8</i>	2 AO U14,16 &20
<i>9 Depart for Camp</i>						
<i>Spring Training resumes on Monday, March 18th @ 6:00 pm at the track.</i>						