

# Burnaby Striders | 2019 Outdoor Training Schedule

Burnaby Central Secondary April 1 – July 25, 2019



Time PM	Monday				Tuesday				Wednesday				Thursday			
	Track Coaches		Field Coaches		Track Coaches		Field Coaches		Track Coaches		Field Coaches		Track Coaches		Field Coaches	
	Winston	Barb/ Aaron	Kevin	Jason	Winston	Barb/ Aaron	Kevin	Jason	Winston	Barb/ Aaron	Kevin	Jason	Winston	Barb/ Aaron	Kevin	Jason
6:00	Midget+ Track	JD Track			Midget+ Track	JD Track	Midget+ Hammer		Midget+ Track	JD Track	JD Throws	Midget+ Shot Put	Midget+ Track	JD Track		Midget+ Discus
6:30																
7:00							Midget+ Javelin				Midget+ Hammer	Midget+ Discus			Midget+ Javelin	
7:30																
8:00																
8:30																
9:00																

\* Training schedules are subject to change at any time. Email notification will be sent wherever possible. Please visit our website for latest information [www.burnabystriders.ca](http://www.burnabystriders.ca)