



Indoor Track & Field

January 9 – March 20, 2018

Starting in January, the Saint John Track Club will once again provide bi-weekly training sessions at UNBSJ. For children ages 8-10 we offer the Run/Jump/Throw program as an introduction to the events of track and field with a focus on fun & fitness. Athletes age 11 and up will work on general fitness, strength training and technique for indoor competitions. Athletes are welcome to attend one or both of the sessions held each week.

Training Sessions: Note-All sessions will be at UNBSJ

Location	Program	Times	Day	Starting
UNBSJ Athletics Center	Run/Jump/Throw (ages 7-10)	5:00 – 6:00 pm	Every Tuesday & Thursday	Jan 9 th
	Competitive athlete training (ages 11 or older)	5:00 – 6:30 pm		

Please Note:

- Schedules may change from time to time due to conflicts with other events at these facilities.
- Additional practice times may be confirmed by event coaches following the Christmas break.

Indoor Competitions and events: For most up to date schedule see www.anb.ca

November 25	Gagetown Invitational	Oromocto, N.B.
December 2	ANB Performance Practice #1	Moncton, N.B.
December 16	Moncton Last Chance Meet	Moncton, N.B.
January 13	Moncton Open	Moncton, N.B.
January TBC	Athletics Nova Scotia Open	Halifax, N.S.
January 21	ANB Performance Practice #2	Moncton, N.B.
January 27	N.B. Indoor Championships	Oromocto, N.B.
February 10	ANB Performance Practice #3	Moncton, N.B.
February 8-11	Hershey Canadian Indoor Championships	Montreal, Qc
February 23-24	Atlantic University Championships & Open (Ages 17+)	Moncton, N.B.
March 10	Atlantic Indoor Championships	Moncton, N.B.
March 20	SJTC Indoor Fun Meet	UNB Saint John

Note New Online Registration below...

Registration must be done online at <http://www.trackireg.com/2018SJTC>

ANB fees cover all of 2018 including indoor track, outdoor track and cross-country seasons.

PROGRAM / ATHLETE GROUP FEES	Club Fee Per Season	Annual ANB
Run/Jump/Throw (Ages 8-10)	\$80	\$50
Athletes Ages 11+	\$80	\$50
Club High Performance (Designated Athletes who are receiving personal coaching support)	\$125	\$50

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For more information go to www.sjtc.ca

