

November 2023				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Tue. 7, 2023	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 9, 23	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 11, 23	No Practice – Hockey game		
Thompson Arena	Tue. 14	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 16	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 18	No Practice – Hockey game		
Thompson Arena	Tue. 21	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 23	No Practice – Hockey game		
Thompson Arena	Sat. 25	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 28	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 30	Track & Field	7:30 pm	9:00 pm
December 2023				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Sat. 2, 23	No Practice Track & Field Meet		
Thompson Arena	Tue. 5	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 7	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 9	No Practice – Conflict		
Thompson Arena	Tue. 12	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 14	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 16	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 19	Track & Field	6:00 pm	7:30 pm

Thompson Arena	Thu. 21	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 23	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 26	No Practice – Boxing Day		
Thompson Arena	Thu. 28	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 30	Track & Field	2:00 pm	4:00 pm
January 2024				
Venue		Training Type		
Thompson Arena	Tue. 2, 2024	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 4, 24	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 6, 24	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 9	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 11	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 13	No Practice – Hockey game		
Thompson Arena	Tue. 16	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 18	No Practice – Hockey game		
Thompson Arena	Sat. 20	Track & Field Don Wright Track & Field meet		
Thompson Arena	Tue. 23	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 25	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 27	No Practice – Hockey game		
Thompson Arena	Tue. 30	Track & Field	6:00 pm	7:30 pm
February 2024				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Thu. 1	Track & Field	7:30 pm	9:00 pm

Thompson Arena	Sat. 3	No Practice – Conflict		
Thompson Arena	Tue. 6	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 8	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 10	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 13	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 15	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 17	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 20	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 22	Track & Field	7:30 pm	9:00 pm
Thompson Arena	Sat. 24	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 27	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 29	Track & Field	7:30 pm	9:00 pm
March 2024				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Sat. 2	Track & Field	2:00 pm	4:00 pm
FLORIDA TRAINING CAMP	March 8 to March 16, 24	Track & Field - Training		