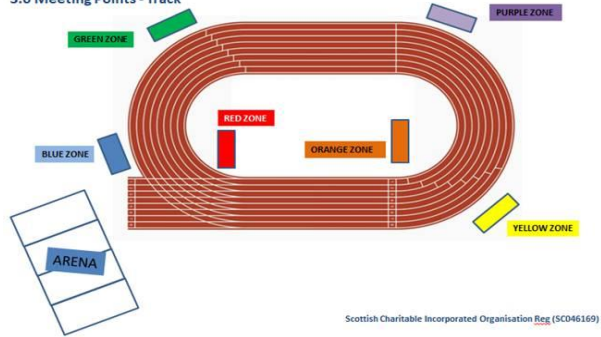


Track

3.6 Meeting Points - Track



Day	Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location
Mon	19:00 - 20:00	JA1 - U11 Induction 1	James A	U11	8		Red Zone
Mon	19:00 - 20:00	JA2 - U11 Induction 2	Natasha K	U11	8		Red Zone
Mon	19:00 - 20:00	JA3 - U11 Induction 3		U11	8		Red Zone
Mon							
Mon							
Mon							
Mon							
Tue	18:30 - 19:30	SB1 - Endur	Susan B	11 - 18	10	Grassland	Yellow Zone
Tue	18:30 - 19:30	SB2 - Endur	Graham C	11 - 18	10	Grassland	Yellow Zone
Tue	18:30 - 19:30	JY1 - Endur	Jim Y	Over 18	4	Lane 1-4-7	Red Zone
Tue	18:30 - 19:30	CG2 - Endur	Colin G	Over 18	4	Lane 1-4-7	Red Zone
Tue	19:00 - 20:00	KW1 - Endur	Ken W	Over 18		Grassland*	
Tue	19:00 - 20:00	KW2 - Endur	Ian L	Over 18		Grassland*	
Wed	19:00 - 20:00	JA1 - U11 Induction 1	James A	U11	8		Red Zone
Wed	19:00 - 20:00	JA2 - U11 Induction 2	Natasha K	U11	8		Red Zone
Wed	19:00 - 20:00	JA3 - U11 Induction 3		U11	8		Red Zone
Wed							
Thur	18:30 - 19:30	SB1 - Endur	Susan B	11 - 18	10	Grassland*	Yellow Zone
Thur	18:30 - 19:30	SB2 - Endur	Graham C	11 - 18	10	Grassland*	Yellow Zone
Thur	18:30 - 19:30	KW1 - Endur	Ken W	Over 18	4	Lane 1-4-7	Red Zone
Thur	18:30 - 19:30	KW2 - Endur	Ian L	Over 18	4	Lane 1-4-7	Red Zone
Thur	18:30 - 19:30	JW1 - Endur	Jim Y	Over 18		Grassland*	
Thur	18:00 - 19:00	CG1 - Endur	Colin G	Over 18		Grassland*	
Thur							
Fri							Blue Zone
Fri							Green Zone
Fri							Purple Zone
Fri							Yellow Zone
Fri							Orange Zone
Fri							Orange Zone
Sat?							Blue Zone
Sat?							Green Zone
Sat?							Purple Zone
Sat?							Yellow Zone
Sat?							Orange Zone

Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location
19:00 - 20:00	U13 Development 1	Gillian M	11 - 12	10	In-field & Track	Blue Zone
19:00 - 20:00	U13 Development 2	Lucy G	11-Dec	10	In-field & Track	Blue Zone
19:00 - 20:00	U13 Development 3	Lindsay H	11 - 12	10	In-field & Track	Purple Zone
19:00 - 20:00	U15/17 Enduracne 1	Stewart M	11 - 18	10	Track	Yellow Zone
19:00 - 20:00	U15/17 Enduracne 2	David A	11 - 18	10	Track	Yellow Zone
19:00 - 20:00	U15 Speed	Nicola F	13 - 17	10	Track	Green Zone
19:00 - 20:00	U15 Multi-events	Kevin M	11 - 17	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 4	Paul M	11 - 13	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 1	Steven M	11 - 12	10	In-field & Track	Orange Zone
19:00 - 20:00	DM1 - Sprints 1	Donald M	11 - 18	10	Track	Blue Zone
19:00 - 20:00	DM2 - Sprints 2	Douglas H	18+	4	Track	Blue Zone
19:00 - 20:00	HR1 - Endur	Hugh R	11 - 18	10	Track	Purple Zone
19:00 - 20:00	HR2 - Endur	Alan M	11 - 18	10	Track	Purple Zone
19:00 - 20:00	U11 Introduction 1	Connell D	U11	8	In-field & Track	Green Zone
19:00 - 20:00	U11 Introduction 2	Jean Y	U11	8	In-field & Track	Green Zone
19:00 - 20:00	AM - Throws	Alec M	11 - 18	10	In-field	Orange Zone
19:00 - 20:00	U13 Development 2	Billy R	11 - 12	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 1	Gillian M	11 - 12	10	In-field & Track	Blue Zone
19:00 - 20:00	U13 Development 2	Lucy G	11 - 12	10	In-field & Track	Blue Zone
19:00 - 20:00	U13 Development 3	Lindsay H	11 - 12	10	In-field & Track	Purple Zone
19:00 - 20:00	U15/17 Enduracne 1	Stewart M	13 - 17	10	Track	Yellow Zone
19:00 - 20:00	U15/17 Enduracne 2	David A	13 - 17	10	Track	Yellow Zone
19:00 - 20:00	U15 Speed	Nicola F	13 - 17	10	Track	Green Zone
19:00 - 20:00	U15 Multi-events	Kevin M	13 - 19	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 4	Paul M	11 - 13	10	In-field & Track	Orange Zone
19:00 - 20:00	U13 Development 1	Steven M	11 - 12	10	In-field & Track	Orange Zone
19:00 - 20:00	DM1 - Sprints 1	Donald M	13 - 19	10	Track	Blue Zone
19:00 - 20:00	DM2 - Sprints 2	Douglas H	18+	4	Track	Blue Zone
19:00 - 20:00	HR1 - Endur	Hugh R	13 - 19	10	Track	Purple Zone
19:00 - 20:00	HR2 - Endur	Alan M	13 - 19	10	Track	Purple Zone
19:00 - 20:00	U11 Introduction 1	Connell D	U11	8	In-field & Track	Green Zone
19:00 - 20:00	U11 Introduction 2	Jean Y	U11	8	In-field & Track	Green Zone
19:00 - 20:00	AM - Throws	Alec M	11 - 18	10	In-field	Orange Zone
19:00 - 20:00	U13 Development 2	Billy R	11 - 12	10	In-field & Track	Orange Zone

Day	Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location
Fri							Blue Zone
Fri							Green Zone
Fri							Purple Zone
Fri							Yellow Zone
Fri							Orange Zone
Fri							Orange Zone
Sat?							Blue Zone
Sat?							Green Zone
Sat?							Purple Zone
Sat?							Yellow Zone
Sat?							Orange Zone

Day	Time	Group	Lead Coach	Age	Max athletes	Track Usage	Location	Notes
Mon/Wed								
Gillian Mitchell		Development Group (U13) - Mon/Wed						Additional coaches as required
James Adams		Induction Group (U11) - Mon/Wed						Starting at 6pm
Natasha Kerr		Induction Group (U11) - Mon/Wed						With James Adams
Lindsay Hepburn		Development Group (U13) - Mon/Wed						Victoria and Kirsty's Group
Paul Markac		Development Group (U13) - Mon/Wed						
Stewart McAllister		Endurance - Developing (U15) - Mon/Wed						
Nicola Fraser		Sprints (U15 to Senior) - Mon/Wed						Lorette's Group
Kevin Mitchell		Multi-Events (U15 to Senior) - Mon/Wed						
Tues & Thurs								
Connell Drummond		Induction Group (U11) - Tue/Thurs						Additional helpers as required
Jean Youden		Induction Group (U11) - Tue/Thurs						Additional helpers as required
Steven Murray		Development Group (U13) - Tue/Thurs						
Billy Robertson		Development Group (U13) - Tue/Thurs						
Brian Campbell		Development Group (U13) - Tue/Thurs						Meet with Hugh Robinson
Hugh Robinson		Middle Distance (U15-U20) Tues/Thurs						
Alan Murray		Middle Distance (U15-U20) Tues/Thurs						
Donald McIntosh		Speed and hurdles (U15+) Tues/Thurs						
Douglas Harroer		Speed and hurdles (U15+) Tues/Thurs						
Lorette Dunlop		Speed and hurdles (U15+) Tues/Thurs						
Susan Ballantyne		Middle/Long Distance (U15-U20) Tues/Thurs						
Graham Cairns		Middle/Long Distance (U15-U20) Tues/Thurs						
Alec McIntosh		Throws (U15+) Tues/Thurs						
Jim Young		Endurance - Intervals - Tue/Thurs						Track on Tuesday
Colin Glencorse		Endurance - Intervals - Tue/Thurs						Track on Tuesday
Kenny Wales		Endurance - Intervals - Tue/Thurs						Track TBC
Ian Logan		Endurance - Intervals - Tue/Thurs						Track TBC
		All road running groups, 6pm and 7pm						Meet at Scott Ellis

Notes
 Grassland* refers to any area away from the main arena
 If an athlete is not sure of their group, please speak to a coach, who will be able to sign post