



**NIAGARA OLYMPIC CLUB  
TRACK AND FIELD**

**TRAINING CLINICS 2018**

**NIAGARA OLYMPIC TRACK AND FIELD COMPLEX**

**78 LOUTH ST., ST CATHARINES**

**REGISTRATION FEE \$5.00**

**REGISTER @11:30 ★ CLINIC starts @12:00 to 1:15**

**[www.nocrunners.com](http://www.nocrunners.com)**

**Saturday, April 21st**

**Grade 5-8: SPRINTS and DISTANCE events**

**Grade 7-8: Shot Put and Javelin**

**Saturday, April 28**

**Grades 5-8: SPRINTS and DISTANCE events**

**Grade 5-6: Long Jump**

**Grade 7-8: High Jump**