

YARDS TRAINING SESSIONS

May					
Tues	06-May	Sprints		Middle distance group	Throws
West Yorkshire Athletics 2nd Fixture 7 May					
Thurs	08-May	Sprints	Long Jump	Middle distance group	Throws
Yorkshire Championships - 10/11 May					
Tues	13-May	Sprints	Long Jump	Middle distance group	Throws
Thurs	15-May	Sprints	Endurance	Middle distance group	Throws
Tues	20-May	Sprints	Long Jump	Middle distance group	Throws
Thurs	22-May	Sprints			
YADAL 2nd Fixture 25/5					
June					
Tues	03-Jun	Sprints		Middle distance group	Throws
West Yorkshire Athletics 3rd Fixture 4 June					
Thurs	05-Jun	Sprints	High Jump	Middle distance group	Throws
Tues	10-Jun	YARDS STRENGTH QUADRATHLON 1			Throws
Thurs	12-Jun	Sprints	Long Jump	Middle distance group	Throws
Tues	17-Jun	Sprints	Endurance		
Thurs	19-Jun	Sprints	High Jump	Middle distance group	Throws
Tues	24-Jun	Sprints	Long Jump	Middle distance group	Throws
Thurs	26-Jun	Sprints	Long Jump	Middle distance group	Throws
YADAL 3rd Fixture 28 June					
July					
Tues	01-Jul	Sprints	Endurance	Middle distance group	Throws
Thurs	03-Jul	Sprints	Endurance	Middle distance group	Throws
8/7 Interclub open meeting (Rothwell/Pontefract/Wakefield)					
Thurs	10-Jul	Sprints		Middle distance group	Throws
Tues	15-Jul	Sprints		Middle distance group	Throws
Thurs	17-Jul	Sprints		Middle distance group	Throws
YADAL 4th Fixture 19 July					
WY Track & Field 4th Fixture 20 July					
Tues	22-Jul	Sprints	Long Jump	Middle distance group	Throws
Thurs	24-Jul	Sprints	High Jump	Middle distance group	Throws
Tues	29-Jul	YARDS STRENGTH QUADRATHLON 2			
Thurs	31-Jul	Sprints	Endurance	Middle distance group	Throws

**Subject to change at any time dependant on weather, facilities available and coach availability*