

## 2021 John XXIII College Athletics Training Schedule

1	19/7 NO TRAINING	20/7	21/7 NO TRAINING	22/7	23/7 Sprints Distance Hurdles
2	26/7 Sprints Distance	27/7	28/7 Throws Long / High Jump Sprints Hurdles	29/7	30/7 Inter-House Athletics Carnival 🎪
3	2/8 Sprints Distance	3/8	4/8 Throws Long / High Jump Sprints Hurdles	5/8	6/8 Sprints Distance Hurdles
4	9/8 Sprints Distance	10/8	11/8 Throws Long / High Jump Sprints Hurdles	12/8	13/8 Sprints Distance Hurdles
5	16/8 Sprints Distance	17/8	18/8 Throws Long / High Jump Sprints Hurdles	19/8	20/8 Sprints Distance Hurdles
6	23/8 NO TRAINING	24/8	25/8 Throws Long / High Jump Sprints Hurdles	26/8	27/8 ACC Squad Training HBF Athletics Stadium  Compulsory Session
7	30/8 Sprints Distance	31/8	1/9 Throws Long / High Jump Sprints Hurdles	2/9	3/9 ACC Squad Training HBF Athletics Stadium  Compulsory Session
8	6/9 Sprints Distance	7/9	8/9 Throws Long / High Jump Sprints Hurdles	9/9	10/9 Sprints Distance Hurdles
9	13/9 ACC SQUAD Training/Team Breakfast Compulsory Session	14/9	15/9 ACC A' Division Carnival 😊		