

**AIC TRACK & FIELD TRAINING DATES & CHAMPIONSHIP EVENTS- FINAL 3 WEEKS**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
18 September Long and triple jump @ VP (Villa Park) 9am-11am	19 September Middle Distance 7am-8am Coorparoo AFL club	20 September @ VP 3.45pm- 5pm (all events)  Long and Triple jump at VP 9am-11am	21 September Long and triple jump @ VP 9am-11am  Middle Distance 7am-8am Coorparoo AFL club	22 September Long and triple jump @ VP 9am-11am
25 September Long and triple jump @ VP 9am-11am	26 September Middle Distance 7am-8am Coorparoo AFL club	27 September @ VP 3.45pm- 5pm (all events)	28 September Long and triple jump @ VP 9am-11am  Middle Distance 7am-8am Coorparoo AFL club	29 September Long and triple jump @ VP 9am-11am
2 October Public Holiday	3 October Sprints, hurdles, jumps and throws @ VP	<b>4 October Sprints, hurdles, throws and jumps @ SAF 3.45pm-5.15pm</b>	<b>5 October Day 1 AIC T&amp;F Champs @ QSAC 2.00pm – 5.00pm</b>	<b>6 October Day 2 AIC T&amp;F Champs @ QSAC 8.30am – 2.00pm</b>