

St. Thomas Legion Track & Field Club

Indoor Training Schedule

2024-2025

January 2025				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Thu. 02, 25	Track & Field	8:00 pm	9:30 pm
Thompson Arena	Sat. 04, 25	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 07, 25	Track & Field	6:00 pm	7:30 pm
	Thu. 09, 25	No Practice – Facility Conflict		
	Sat. 11, 25	No Practice – Facility Conflict		
Thompson Arena	Sun. 12, 25	Track & Field – Instead of Sat	2:00 pm	4:00 pm
Thompson Arena	Tue. 14, 25	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 16, 25	Track & Field	8:00 pm	9:30 pm
	Sat. 18, 25	No Practice – Facility Conflict Don Wright Track & Field meet		
Thompson Arena	Sun. 19, 25	Track & Field – Instead of Sat	2:00 pm	4:00 pm
Thompson Arena	Tue. 21, 25	Track & Field	6:00 pm	7:30 pm
	Thu. 23, 25	No Practice – Facility Conflict		
	Sat. 25, 25	No Practice – Facility Conflict		
Thompson Arena	Sun. 26, 25	Track & Field – Instead of Sat	2:00 pm	4:00 pm
Thompson Arena	Tue. 28, 25	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 30, 25	Track & Field	8:00 pm	9:30 pm

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February 2025				
Venue	Date	Training Type	Start Time	End Time
	Sat. 01, 25	No Practice – Facility Conflict		
Thompson Arena	Sun. 02, 59	Track & Field – Instead of Sat	2:00 pm	4:00 pm
Thompson Arena	Tue. 04	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 06	Track & Field	8:00 pm	9:30 pm
Thompson Arena	Sat. 08	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 11	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 13	Track & Field	8:00 pm	9:30 pm
	Sat. 15	No Practice – Facility Conflict		
Thompson Arena	Sun. 16	Track & Field – Instead of Sat	2:00 pm	4:00 pm
Thompson Arena	Tue. 18	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 20	Track & Field	8:00 pm	9:30 pm
Thompson Arena	Sat. 22	Track & Field	2:00 pm	4:00 pm
Thompson Arena	Tue. 25	Track & Field	6:00 pm	7:30 pm
Thompson Arena	Thu. 27	Track & Field	8:00 pm	9:30 pm

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Indoor Training Schedule

2024-2025

March 2025				
Venue	Date	Training Type	Start Time	End Time
Thompson Arena	Sat. 01	Track & Field	2:00 pm	4:00 pm
WEEK OFF - REST				
FLORIDA TRAINING CAMP	March 8 to March 16, 25	Track & Field - Training		