

## **U9 (Year 3 & 4) sessions**

Mon 4.45pm- 5.45pm - athletes will partake in a variety of disciplines.

## **U11 (Year 5 & 6) sessions**

Mon 6.30pm -7.30pm - athletes will partake in a variety of disciplines.

## **U13 - U20 sessions (Year 6 from April)**

Mon 5.45-7.30pm hurdles, and a field event if so desired

Tues 5.30-6.30pm Middle distance, with field event after if so desired  
(Year 6 & 7 plus Year 8 - Year 13 boys)

Tues 6.30pm -7.30pm Middle distance, with field event after if so desired  
(Year 8- Year 13 girls)

Tues 5.45-7pm Long jump with short sprints

Tues 5.45-7pm Throws

Tues 6-7pm Sprints, with hurdles or field event after if so desired

Tues 6-7.30pm Pole Vault

Tues 6.30pm-7.45pm - Speed endurance, with field event after if so desired

Thurs 5.30-6.30pm Middle distance, with field event after if so desired  
(Year 6 & 7 plus Year 8 - Year 13 boys)

Thurs 6.30-7.30pm Middle distance, with field event after if so desired  
(Year 8 - Year 13 girls)

Thurs 5.45-7pm Sprints, with hurdles or field event after if so desired

Thurs 5.45-7pm High jump, with sprints after if so desired.

Thurs 5.45-7pm Throws

Thurs 6-7.30pm Pole Vault

Thurs 6-7.30pm Multi-events

Thurs 6.30pm-7.45pm - Sprints, field event after if so desired

## **U20 & above sessions**

Tues 5.45-7pm Long jump with short sprints

Tues 5.45-7pm Throws

Tues 7-8.15pm Senior Long sprints

Tues 7-8.15pm Senior Short sprints

Tues 7-8.15pm Senior Middle distance

Tues 6-7.30pm Pole Vault

Thurs 5.45-7pm High jump, with sprints after if so desired.

Thurs 5.45-7pm Throws

Thurs 6-7.30pm Pole Vault

Thurs 7-8.15pm Senior Long sprints

Thurs 7-8.15pm Senior Short sprints

Thurs 7-8.15pm Open senior session

Thurs 7.30-8.15pm Senior hurdles

There are also organised training trail & road runs available.

Do note that we are a competitive club so if you or your child does attend training then we will expect them to compete in at least 50% of team competitions which will be about 6 in a year, so do take this into consideration when accepting your trial.

Costs are annual membership is £52 for 11-17 year olds with track fees of £10 or £18, £57 for 18 years & older with track fees of £11 or £20.

NB You can join as a member without having to train at Ewell track!

We look forward to hearing from you.