

| TRAINING SCHEDULE 2016-2017: ISLAND REGIONAL GIRLS | | | | | |
|---|-------------|--------------------------------------|--|--------------|--------------------------|
| Training schedules are subject to change and could be affected by adverse weather, turf availability or other factors. Cancelled hours will be rescheduled wherever possible and may fall on a holiday. | | | | | |
| 2016 | Date | Time | T2T/T2C | Venue | Notes |
| Friday | 21-Oct | 6-8:30pm | All VIC | UVIC | TRIAL \$20/athlete |
| Sunday | 23-Oct | 10am-12:30pm | All DUN | Cow | TRIAL \$20/athlete |
| Friday | 18-Nov | 6-8pm | T2C | UVIC | *including Re-trial |
| Friday | 25-Nov | 6-8pm | T2C | UVIC | |
| Sunday | 27-Nov | 9-11am | Victoria athletes | Langford | indoor fitness testing |
| | | 11am-1pm | Duncan athletes | | |
| Friday | 2-Dec | 6-8pm | T2C | UVIC | |
| Friday | 9-Dec | 6-8pm | T2C | UVIC | FIELDS CLOSED |
| 2017 | Date | Time | T2T/T2C | Venue | Notes |
| Friday | 13-Jan | 6-8pm | All VIC | UVIC Gym | Classroom/Yo Yo Test #2 |
| | | | All DUN | Bench School | |
| Friday | 20-Jan | 6-8pm | All VIC | UVIC | FMS |
| | | | All DUN | Cow | |
| Friday | 27-Jan | 6-8pm | All VIC | UVIC | |
| | | | All DUN | Cow | FMS- |
| Friday | 3-Feb | 6-8pm | All VIC | UVIC | FIELDS CLOSED |
| | | | All DUN | Cow | FIELDS CLOSED |
| Friday | 10-Feb | 6-8pm | All VIC | SMU | INDOOR |
| | | | All DUN | Cow CXLD | FMS- |
| Friday | 17-Feb | 6-8pm | All Island athletes at UVIC | | |
| Friday | 24-Feb | 1-3pm | All Island athletes at UVIC | | |
| | | 6-8pm | Victoria and Duncan | | |
| Friday | 3-Mar | 6-8pm | All VIC | UVIC | |
| | | | All DUN | Cow | |
| Friday | 10-Mar | 6-8pm | All VIC | UVIC | |
| | | | All DUN | Cow | Yo Yo Test #3 DUN |
| Friday | 17-Mar | 6-8pm | All VIC | UVIC | Yo Yo Test #3 VIC |
| | | x | No session for Duncan athletes | | |
| Friday | 24-Mar | x | No Training | | Spring Break |
| Thurs | 30-Mar | 6-8pm | All DUN | Cow | new! |
| Friday | 31-Mar | x | No session for Victoria athletes | | |
| | | 6-8pm | All DUN | Cow | |
| Friday | 7-Apr | 6-8pm | All VIC | UVIC | |
| | | | All DUN | Cow | new! |
| Friday | 14-Apr | 10-12pm | All VIC athletes at UVIC. All DUN athletes at Cowichan | | |
| | | 2-4pm | | | |
| Monday *Easter | 17-Apr | 10-12pm, 2-4pm | T2T Island Athletes @UVIC | | |
| | | 12-2pm, 4-6pm | T2C Island Athletes @UVIC | | |
| Friday | 21-Apr | 6-8pm | All T2T | Cowichan | T2C Tournie Apr21-23 UBC |
| Friday | 28-Apr | 6-8pm | All T2T | Cowichan | |
| Fri-Sun | May 5-7 | T2T Festival, Tamawanis Park, Surrey | | | |

*T2C Tournament April 21-23 UBC

*T2T Festival May 5-7 Tamawanis, Surrey