

ATHLETICS TRAINING 2010 – THE NIA

Training Schedule – 1700 to 2100 hours

Monday, 08 February
Tuesday, 09 February
Thursday, 11 February
Friday, 12 February
Monday, 15 February
Monday, 22 February
Thursday, 25 February

Training is available **to any one** between 1700 and 2100 hours on the above dates.

Whilst every effort is made to secure training dates and times, you should double check availability **on the day** by phoning (0121) 644 7134.

Individuals, clubs or groups, wishing to use the Arena for training will be requested to sign, pay and enter through the Community Hall, St Vincent Street. Pole-vaulters will have to enter via Stage Door (AF4) and then report to Community Hall.

Note: No shot putt is available on the above days.

Training Prices:

Adults	£3.00
Children U18 & OAP	£2.00

Athletes/Coaches

Athletes who are part of the BOA passport system will be allowed to train free of charge. All others will have to pay. THERE WILL BE NO EXCEPTIONS.

Coaches will be required to show their UKA Coaching Pass. Failure to do so will result in the above prices being charged.

Note to all athletes:

1. All personal equipment should be removed after training and not stored under the track or in corridors.
2. The NIA will not accept responsibility for any loss or damage to such equipment.

24.12.2009