



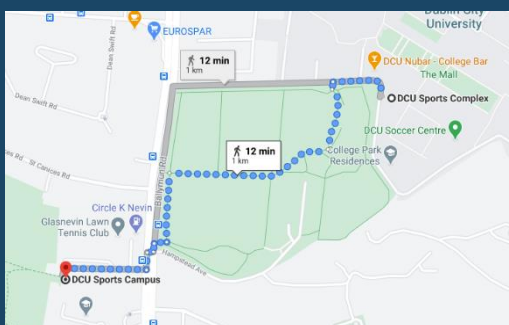
OCTOBER TIMETABLE SEMESTER 2 2020/21

Event Group	Day	Time	Coach	Venue(s)
Sprints/Hurdles	Monday	5pm	Daniel Kilgallon	DCU Sports Campus (St. Claire's)
	Wed	2pm	Daniel Kilgallon	Morton Stadium
Jumps	Wed	4pm	Barry Pender	Morton Stadium
Distance	Tues	4.30pm	Joe Ryan	DCU Sports Campus (St. Claire's)
	Thurs	4.30pm	Joe Ryan	DCU Sports Campus (St. Claire's)
Throws	Mon	5pm	Dave Sweeney	DCU Sports Campus (St. Claire's)
Throws	Wed	2pm	Dave Sweeney	Morton Stadium
Throws (Hammer)	TBC	TBC	Sean Egan	Morton Stadium
Walks	Session every 2 nd Friday	4pm	Michael Lane	Albert College Park Until Halloween /Santry Park thereafter

Note: The table above shows typical training times and locations across the different groups. For the most accurate and up to date training schedule, please contact the head of athletics, relevant coach or club captains directly. COVID-19 restrictions and protocols must be adhered to across the training venues at all times.

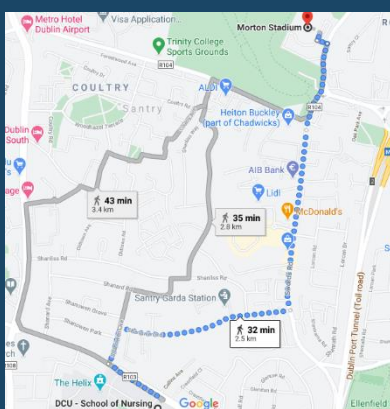
TRAINING LOCATIONS

See pictures below of locations of training sessions. If in doubt.... Google maps!



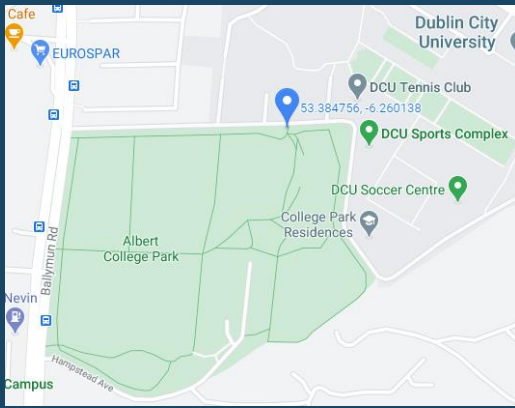
DCU Sports Complex (Gym) to DCU Sports Campus (St. Claire's)

Our Sports Campus is located just off campus on the Ballymun Rd, span over 35 acres. The Sports Campus are accessible from University Sports Complex by a ten-minute relaxing walk through Albert College Park.



DCU Nursing Building to Morton Stadium

Morton is located approx. 2km from DCU Glasnevin campus. Santry Demnse park is located directly beside the track.



Albert College Park

Located in the middle of the Glasnevin Campus adjacent to the avenue... You can't miss it.