

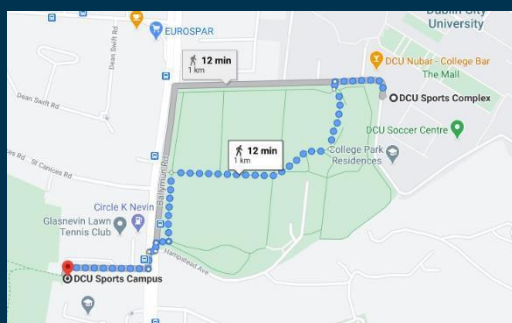
## TIMETABLE SEMESTER 1 2022/23

Event Group	Day	Time	Coach	Venue(s)	
Sprints/Hurdles	Monday	5.30pm	Daniel Kilgallon	DCU Sports Campus (St. Clare's)	
	Wed	2pm		DCU Sports Campus (St. Clare's)	
	Friday	3pm	Paul Byrne	GLA Campus Covered Track	
Jumps (LJ/TJ)	Wed	6pm	Colm Bourke	DCU Sports Campus (St. Clare's)	
Jumps (HJ)	Wed	5.30pm	Barry Pender	DCU Sports Campus (St. Clare's)	
Distance	Tues	6pm	Joe Ryan	DCU Sports Campus (St. Clare's)	
	Thurs	6pm		DCU Sports Campus (St. Clare's)	
Throws	Contact <a href="mailto:field@athleticsireland.ie">field@athleticsireland.ie</a> for most up to date training times.			DCU Sports Campus (St. Clare's)	
Throws (Hammer)	Contact <a href="mailto:seanegan1980@gmail.com">seanegan1980@gmail.com</a> for most up to date schedule		TBC	Sean Egan	Morton Stadium Throws Area
Walks	Group Session Every 2 <sup>nd</sup> Wednesday		4.30pm	Michael Lane	Albert College Park

**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 alternatively, club captains directly.

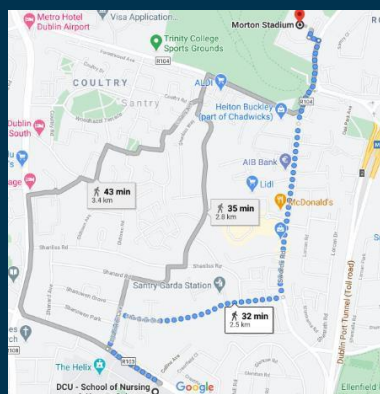
## TRAINING LOCATIONS

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



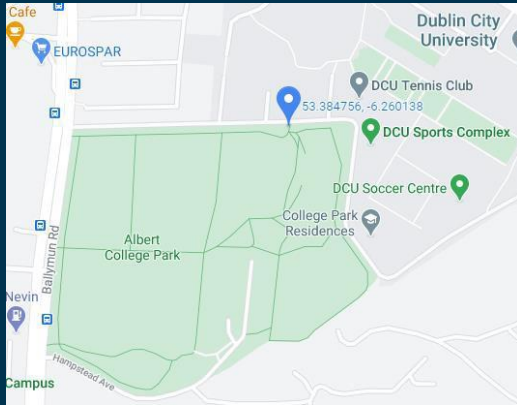
### DCU Sports Complex (Gym) to DCU Sports Campus (St. Claire's)

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.