

Water Session Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday - Start March 2020	Sunday
A.M.	National / Regional 5.30-7.30	National / Regional 5.30-7.30	County / District 6.00-7.30	National / Regional 5.30-7.30	National / County 5.30-7.30	1 st Wk. National / Sprint 50mts. 10.00-12.00 1 st Wk. Regional / County M'Side 7.00-9.00	
						2 nd Wk. Regional / County 50mts. 10.00-12.00 2 nd Wk. National / Sprint M'Side. 7.00-9.00	
P.M.	National 5.00-7.00	Regional / County 5.00-6.30	National / Sprint 5.00-7.00	Regional / County 5.00-6.30	National / Regional 5.00-7.00	District 4.00-6.00	District 5.00-7.00
	County / District 7.00-8.30	National / Sprint 6.30-8.30	Regional / County 7.00-8.30	National / Sprint 6.30-8.30	County 7.30-8.30		
		District (Dunes) 6.30-8.30		District (Dunes) 6.30-8.30			

Land Session Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
P.M.	National 4.00-5.00	Regional / County 4.00-5.00 £3.00 in Boxing Gym	National / Sprint 4.00-5.00	Regional / County 4.00-5.00 3.00 in Boxing Gym	National / Regional 7.00-8.00		