

	Monday	Tuesday	Wednesday	Thursday	Friday
National Squad 'A'	6 pm- 8 pm	6 pm- 8 pm Land 5 - 5.45	6 pm - 7.30 pm	6 pm - 7.50 pm Land 5 - 5.45	6 pm -7.45 pm
Regional Squad 'A'	6 pm - 8 pm	6 pm- 8 pm Land 5 - 5.45	No swimming	6 pm-- 7.50pm Land 5 - 5.45	6 pm -7.45 pm
Senior 'A'	6 pm- 8 pm	No swimming	No swimming	6 pm- 7.50pm Land 5 - 5.45	6 pm -7.45 pm
Junior Regional 'B'	6.15 pm – 8.15 pm @Cottesmore	No swimming	6 pm -7.30 pm	6.15 pm – 8.15 pm @Cottesmore Land 5 – 5.45@ K2	6 pm -7.45 pm
County 'B'	6.15 pm - 8.15 pm @Cottesmore	No swimming	7.30 pm - 9 pm	6.15 pm - 8.15 pm @Cottesmore Land 5 – 5.45@ K2	6 pm -7.45 pm
Club Seniors 'C'	6.15 – 8.15 @ Cottesmore	No Swimming	7.30 – 9.00 @ K2	8.00 – 9.00 @ K2	8.45 – 9.45 @ K2 Land work 7.45 – 8.30
'C' Squad	6.15 – 8.15 @ Cottesmore	7.30 – 8.30 @ Cottesmore	No Swimming	8.00 – 9.00 @ K2	8.45 – 9.45 @ K2 Land work 7.45 – 8.30
'D' Squad	No Swimming	7.30 – 8.30 @ Cottesmore	No Swimming	7.50 – 8.50 @ K2 or 6.15 – 8.15 @ Cottesmore	7.45 – 8.45 @ K2
'E' & 'E+' Squad	No Swimming	6.30 – 7.30 @ Cottesmore	6.00 – 7.00 @ Cottesmore	No Swimming	7.00 – 7.45 @ K2 7.45- 8.45 E+