

## NATIONAL TRAINING WEEKEND TIME TABLE NOVEMBER 2009

### SATURDAY – 28 NOVEMBER 2009

	<b>SESSION 1 Group 1 09:00 – 12:00</b>	<b>SESSION 2 Group 2 09:00 – 12:00</b>	<b>SESSION 3 Group 3 12:00 – 15:00</b>	<b>SESSION 4 Group 4 14:00 – 17:00</b>	<b>SESSION 5 Group 5 16:00 – 19:00</b>
<b>RINK 1</b>	<b>09:00-10:00</b>	<b>09:00 – 10:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 17:00</b>	<b>17:00 – 19:00</b>
<b>RINK 2</b>	<b>11:00 – 12:00</b>	<b>10:00 – 11:00</b>		<b>14:00 – 15:00</b>	<b>16:00 – 17:00</b>
<b>RINK 1</b>	<b>10:00 – 11:00</b>	<b>11:00 – 12:00</b>			

### SUNDAY – 29 NOVEMBER 2009

	<b>Ladies Development 09:00 – 12:00</b>	<b>Ladies 12:00 – 15:00</b>	<b>Project 2010 15:00 – 18:00</b>	<b>Juniors 15:00 – 18:00</b>
<b>RINK 1</b>	<b>09:00 – 12:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 16:00</b>	<b>15:00 – 16:00</b>
<b>RINK 2</b>		<b>13:00 – 15:00</b>	<b>16:00 – 18:00</b>	<b>16:00 – 18:00</b>
<b>RINK 1</b>			<b>16:00 – 18:00</b>	<b>16:00 – 18:00</b>