

## NATIONAL TRAINING WEEKEND TIME TABLE – MARCH 2019

### SATURDAY – 16 MARCH 2019

	<u>Level 1</u> 09:00 – 12:00 hours	<u>Level 2</u> 09:00 – 12:00 hours	<u>Level 3</u> 11:30 – 14:30 hours	<u>Level 4</u> 14:15 – 17:15 hours	<u>Level 5</u> 17:00 – 20:00 hours
<b>RINK 1</b>	<b>09:00 - 12:00</b>	<b>09:00 - 12:00</b>	<b>12:00 – 14:30</b>	<b>14:30 – 17:15</b>	<b>17:15 – 20:00</b>
<b>RINK 2</b>	<b>09:00 - 11:30</b>	<b>09:00 - 11:30</b>	<b>11:30 – 14:15</b>	<b>14:15 – 17:00</b>	<b>17:00 – 20:00</b>

### SUNDAY – 17 MARCH 2019

	<u>Project 2019</u> <u>Reduced Squads</u> 09:00 – 12:00 hours	<u>Ladies</u> <u>Basic Level</u> 12:00 – 15:00 hours	<u>Ladies</u> <u>Development &amp;</u> <u>Competitive Levels</u> 12:00 – 15:00 hours	<u>Ladies Seniors</u> 15:00 – 18:00 hours	<u>Under 19's</u> <u>&amp;</u> <u>Seniors Men</u> 15:00 – 18:00 hours
<b>RINK 1</b>	<b>09:00 – 12:00</b>	<b>12:00 – 15:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>
<b>RINK 2</b>	<b>09:00 – 12:00</b>	<b>12:00 – 15:00</b>	<b>12:00 – 15:00</b>	<b>15:00 – 18:00</b>	<b>15:00 – 18:00</b>