

NATIONAL TRAINING WEEKEND TIME TABLE – MARCH 2020

SATURDAY – 14 MARCH 2020

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

SUNDAY – 15 MARCH 2020

| | <u>Project 2020</u> <u>Open Session</u> 09:00 – 12:00 hours | <u>Ladies</u> <u>Development & U17</u> 12:00 – 15:00 hours | <u>Under 19's</u> 15:00 – 18:00 hours | <u>Senior Women</u> 15:00 – 18:00 hours |
|---------------|---|--|--|--|
| RINK 1 | 09:00 – 12:00 | 12:00 – 15:00 | 15:00 – 18:00 | 15:00 – 18:00 |
| RINK 2 | 09:00 – 12:00 | 12:00 – 15:00 | 15:00 – 18:00 | 15:00 – 18:00 |