

May 2024 – “A” Group

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4	5
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (3 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		
	6	7	8	9	10	11	12
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (3 lanes)	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (OFF)	4:00 – 5:30 (3 lanes)		3:00 – 5:00 Pan Am – 50m
	13	14	15	16	17	18	19
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)		9:00 – 11:00 Pan Am – 50m	
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		
	20	21	22	23	24	25	26
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)			
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	Dry land (OFF)	4:00 – 5:30 (3 lanes)	MAC Rising Star # 2 - meet	MAC Rising Star # 2 - meet
	27	28	29	30	31		
am		6:05 – 7:35 (6 lanes)		6:05 – 7:35 (6 lanes)			
pm	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)	4:10-5:10 Dry land (Leisure Centre)	4:00 – 5:30 (3 lanes)		