

NOVEMBER 2025 – Gold Group							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1	2
am							
pm						4:30 – 6:00 (3 lanes)	4:30 – 6:00 (3 lanes)
	3	4	5	6	7	8	9
am							
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		4:30 – 6:00 (3 lanes)	4:30 – 6:00 (3 lanes)
	10	11	12	13	14	15	16
am						Newmarket Distance meet	
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)			4:30 – 6:00 (3 lanes)
	17	18	19	20	21	22	23
am							
pm	4:10 – 5:10 (1 st Group) 5:15 – 6:15 (2 nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		4:30 – 6:00 (3 lanes)	4:30 – 6:00 (3 lanes)
	24	25	26	27	28	29	30
am							

pm	4:10 – 5:10 (1st Group) 5:15 – 6:15 (2nd Group) Dry Land (Leisure Centre)	4:00 – 5:30 (3 lanes)		4:00 – 5:30 (3 lanes)		4:30 – 6:00 (3 lanes)	4:30 – 6:00 (3 lanes)