

Session							
Monday	29 June	6 July	13 July	20 July	27 July	3 August	10 August
G - 5.30-7.30				OFF			
L – 5-6.30				OFF			
L - Masters				OFF			
Tuesday	30 June	7 July	14 July	21 July	28 July	4 August	11 August
L- 6-.7.30				OFF			
G- 4.30-6		OFF	OFF	OFF	OFF	OFF	OFF
A –5.30-7				OFF			
Wednesday	1 July	8 July	15 July	22 July	29 July	5 August	12 August
G – 6-7.30				OFF			
G – 5.30-7.30				OFF			
A – 4.30 -6		OFF	OFF	OFF	OFF	OFF	OFF
L – 5-6.30		OFF	OFF	OFF	OFF	OFF	OFF
Thursday	2 July	9 July	16 July	23 July	30 July	6 August	13 August
L –6-7.30				OFF			
Friday	3 July	10 July	17 July	24 July	31 July	7 August	14 August
G-6-7.30				OFF			
A-4.45 –6.15				OFF			
A-6.30-8.00				OFF			
Saturday	4 July	11 July	18 July	25 July	1 August	8 August	15 August
A-7.30 –9	OFF	OFF	OFF	OFF			
L-3-4.30				OFF			
Sunday	5July	12 July	19 July	26 July	2 August	9 August	16 August
L-8-9.30				OFF	OFF		
A 5.30 –7.30		OFF		OFF		OFF	RELAYS