

Squad Hours September 2022

Group	A	B	C	D
Tuesday AM	Lonsdale 6:30 - 7:30 Dave/Lina 1h 0m			
Tuesday PM	Moorways 25m (4 lanes) 19:00 - 21:00 Camilla 2h 0m	Lonsdale 19:20-21:00 Dave 1h 40m	1h 40m	
Wednesday	Lonsdale 19:15 - 20:30 Dave/Lina 1h 15m	Lonsdale 18:05 - 19:15 Doug/Lina 1h 10m	1h 10m	
Thursday	Moorways 50m (1 lane) 07:00 - 08:00 Dave 1h 0m			
Friday	Lonsdale 19:35 - 21:15 Dave 1h 40m			Lonsdale 18:35 - 19:35 Dave 1h 0m
Saturday AM	Lonsdale 08:20 - 10:20 Dave/Lina/Bal 2:00			
Sunday	Repton 18:00 - 20:00 Doug 2h 0m	Fran/Bal 2h 0m	Lonsdale 15:45 - 17:15 Dave 1h 30m	Lonsdale 14:15 - 15:45 Dave 1h 30m