

Day	Date	National	Elite Sprint	Age Perf	Age Development	camp
Monday	1	<b>New Years Day - X-Mas pudding camp arrival pm</b>				NAT & AP camp
Tuesday	2	6.30-8.00am & 5.00-6.30pm (EC)			6.30-5.00-6.30pm (EC)	NAT & AP camp
Wednesday	3	5.00-7.00pm (EC)			6.30-8.00am&5.00-7.00pm(EC)	NAT & AP camp
Thursday	4	6.30-8.00am & 5.00-6.30pm (EC)			5.00-6.30pm (EC)	NAT & AP camp
Friday	5	5.00-7.00pm (EC)			6.30-8.00am&5.00-7.00pm(EC)	NAT & AP camp
Saturday	6	non-camp 8.30-10.30am (EC)			10.30-12noon (EC)	NAT & AP camp
Sunday	7	4.30-6.45pm (EC)				college commences
Monday	8	Normal Training Times				
Tuesday	9					
Wednesday	10		am-no land & pm 4.15-6.30pm (EC)	am-no land		
Thursday	11					
Friday	12					
Saturday	13	off				Counties
Sunday	14	off				Counties
Monday	15	Normal Training Times				
Tuesday	16					
Wednesday	17					
Thursday	18					
Friday	19	am-normal, pm 5-6.30pm (EC)		5.00-6.30pm (EC)		
Saturday	20	off				Counties / Flanders Cup
Sunday	21	off				Counties / Flanders Cup
Monday	22	Normal Training Times				
Tuesday	23					
Wednesday	24					
Thursday	25					
Friday	26					
Saturday	27	off				Counties
Sunday	28					
Monday	29	Normal Training Times				
Tuesday	30					
Wednesday	31					