

October 2019

Day	Date	National	National Sprint	Age Perf	Age Development	young AD & Stage 7 *	Additional Information
Tuesday	1						
Wednesday	2						
Thursday	3						
Friday	4	<i>am as usual, black vs purple meet pm 5.45-7.45pm (EC)</i>					Black vs Purple
Saturday	5						
Sunday	6						
Monday	7						
Tuesday	8						
Wednesday	9						Amanda taking land (am)
Thursday	10						
Friday	11						
Saturday	12				no land		Open Day college
Sunday	13						
Monday	14						
Tuesday	15			no land (pm)			Amanda taking land (am)
Wednesday	16						Amanda taking land (am)
Thursday	17						
Friday	18	<i>am as usual, pm Manchester International</i>				4.30-6.00pm (EP)	
Saturday	19	<i>Manchester International (SC)</i>					Manchester International
Sunday	20	<i>Manchester International (SC)</i>			off		Manchester International
Monday	21						
Tuesday	22	<i>EXPO Timetable</i>	<i>non-Expo 6.30-8am (EC)</i>	<i>non-Expo 6.30-8am & 5.30-7pm (EC)</i>	<i>5.30-7.00pm (EC)</i>	<i>5.30-7.00pm (EC)</i>	<i>Expo 8am-5.30pm</i>
Wednesday	23	<i>EXPO Timetable</i>	<i>non-Expo 5.30-7pm (EC)</i>	<i>non-Expo 5.30-7pm (EC)</i>	<i>6.30-8.00am (EC)</i>	<i>6.30-8.00am (EC)</i>	<i>Expo 8am-5.30pm</i>
Thursday	24	<i>EXPO Timetable</i>	<i>non-Expo 6.30-8am (EC)</i>	<i>non-Expo 6.30-8am & 5.30-7pm (EC)</i>	<i>5.30-7.00pm (EC)</i>	<i>5.30-7.00pm (EC)</i>	<i>Expo 8am-5.30pm</i>
Friday	25						
Saturday	26	<i>6.00-8.15am (EP)</i>		<i>6.00-8.15am (EC)</i>	<i>8.15-10.30am (EC)</i>		
Sunday	27	<i>off</i>					
Monday	28	<i>7.00-9.00am & 2.00-4.00pm (EC)</i>		<i>4.00-6.00pm (EC)</i>	<i>4.00-6.00pm (EC)</i>	<i>5.45-7.15pm (EP)</i>	<i>Half-Term</i>
Tuesday	29	<i>7.00-9.00am (EC)</i>		<i>6.30-8am (EP) & 5-6.30pm (EC)</i>	<i>6.30-8.00am (EP)</i>	<i>5.00-6.30pm (EC)</i>	<i>Half-Term</i>
Wednesday	30	<i>7.00-9.00am & 3.00-5.00pm (EC)</i>		<i>5.00-7.00pm (EC)</i>	<i>5.00-7.00pm (EC)</i>	<i>off</i>	<i>Half-Term</i>
Thursday	31	<i>7.00-9.00am (EC)</i>		<i>6.30-8am (EP) & 5-6.30pm (EC)</i>	<i>6.30-8.00am (EP)</i>	<i>5.00-6.30pm (EC)</i>	<i>Half-Term</i>