

January 2020

Day	Date	National	National Sprint	Age Perf	Age Development	young AD & Stage 7 *	Additional Information	
Wednesday	1	NEW YEARS DAY						
Thursday	2	7-9am & 3-5pm (EC)	9-10.30am & 5-6.30pm (EC)	6.30-8am & 3.30-5pm (EP)	3.30-5pm (EP)			
Friday	3	7-9am & 3-5pm (EC)	9-10.30am & 5-6.30pm (EC)	3.30-5.30pm (EP)				
Saturday	4	6.30-8.30am (EP)	8.30-10.30am (EC)	7-8.30am (EC)				
Sunday	5	off					borders return	
Monday	6						college starts	
Tuesday	7							
Wednesday	8						Screening	
Thursday	9						Screening	
Friday	10							
Saturday	11							
Sunday	12							
Monday	13							
Tuesday	14							
Wednesday	15							
Thursday	16							
Friday	17	normal training	non-Flanders 5.45-7.45pm (EC)	normal training	am as usual, no pm	am as usual, no pm		
Saturday	18	non-Flanders 6.00-8am (EC) & 3.30-5.30pm (EC)	10.30am-12.30pm (EC)	8.15am-10.15am (EC)				
Sunday	19	Flanders	Flanders		Counties, AD 9-12 years	Counties, AD 9-12 years		
Monday	20	non Flanders 6.30-8.05am (EC)	6.15-7.45pm (EC)	off	off			
Tuesday	21	off						
Wednesday	22							
Thursday	23							
Friday	24							
Saturday	25			Burns Meet	Counties, AD 9-12 years, Bruns Meet 12+	Counties, AD 9-12 years		
Sunday	26			Burns Meet	Counties, AD 9-12 years, Bruns Meet 12+	Counties, AD 9-12 years		
Monday	27							
Tuesday	28							
Wednesday	29							
Thursday	30							
Friday	31							

\* Reuben, Harry, Junior, Isaac, Michael, Tobias, Esmae N, Esmee S, Bea, Imogen & Sienna