BREAKERS TRAINING PLAN 2024 - JANUARY 2024

READMY-10,006MM 12.1 G 12.2 G 12.3 G 12.4 B 14.4 G 1	_							
10AM - 110 14.1 G	SUN 14			MBS 1B		MBS 2B		
113-04M 1.0PPM								12.4 B
14.1		10AM - 11.30AM						
2.29PM - 4.00PM 16.18 16.28 16.38 16.48		11.30AM - 1.00PM	12.1 B		12.2 B		12.3 B	
S. 2007M - S. 2007M		1PM - 2.30PM	14.1 B		14.2 B		14.3 B	14.4 B
S.30PM - C.20PM S.20PM S		2.30PM - 4.00PM	16.1 B		16.2 B		16.3 B	16.4 B
MON 15 MISS		4.00PM - 5.30PM	18.2 B		18.3 B			
MON 15		5.30PM - 7.00PM						
S.30PM - 6.30PM 12.18 12.28 12.38 12.48 FUTURES FUTU		7.00PM - 8.30PM						
S.30PM - 6.30PM 12.18 12.28 12.38 12.48 FUTURES FUTU							<u> </u>	
Comparison 14.18	MON 15	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
Comparison 14.18								
True 16.3 B			 		+			
TULE 16 MISS MISS 1A MISS 1B MISS 2A MISS 2B MISS 3A MISS 2B MISS 3A MISS 3B					+			
THU 16 MBS MBS 1A MBS 1B MBS 2A MBS 2B MBS 3A MBS 8B 16.1 G 16.2 G 16.3 G 16.4 G 16.3			+	10.2.5		10.1.5		
S. SIPPM - S. SIPPM SENIOR MEN YOUTH MEN 18.1 G 18.2 G	L	0.501 W 5.501 W	10.2 5		10.5 5		TOTORES	TOTORES
S. SIPPM - S. SIPPM SENIOR MEN YOUTH MEN 18.1 G 18.2 G	THE 16	MRS	MRS 1A	MRC 1R	MRS 2A	MPC 2B	MRC 2A	MRC 2B
S.JOPM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G	105 10					IVIDS 2D		
Table Tabl	<u> </u>			20.2 B				
MED 17 MISS	-		 					18.2 G
MIS								
S.30PM - S.30PM 12.1 G		8.30PM - 9.30PM	SENIOR MEN		YOUTH MEN		YOUTH WOMEN	
S.30PM - S.30PM 12.1 G	_							
14.2 G	WED 17	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
THU 18 MBS MBS MBS 1A MBS 1B MBS 2A MBS 2B MBS 1A MBS 3B 5.30PM - 6.30PM SENIOR MEN 7.30PM - 8.30PM SENIOR MEN YOUTH MEN 8.30PM - 9.30PM SENIOR MEN YOUTH MEN WES 1B MBS 1A MBS 1B MBS 1A		5.30PM - 6.30PM	12.1 G		12.2 G		12.3 G	
THU 18 MISS MISS 1A MISS 1B MISS 2A MISS 3A MISS 3B		6.30PM - 7.30PM	14.1 G		14.2 G		14.3 G	
THU 18		7.30PM - 8.30PM						
S.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G		8.30PM - 9.30PM						
S.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G	-				•			
G.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G	THU 18	MBS	MBS 1A	MBS 1B	MBS 2A	MBS 2B	MBS 3A	MBS 3B
G.3DPM - 7.3DPM		5.30PM - 6.30PM	20.0 B	20.2 B	18.1 B		16.1 G	16.2 G
7.30PM - 8.30PM			SENIOR MEN		YOUTH MEN			
SUN 21 MBS								
MBS			+					
R.30AM - 10.00AM	<u> </u>	0.001 111 0.001 111	SENION MEN		i i i i i i i i i i i i i i i i i i i		100111110111211	
R.30AM - 10.00AM	SUN 21	MBS	MBS 1A	MRS 1R	MBS 2A	MPC 2P	MRS 2A	MRS 3R
10AM - 11.30AM	30N 21							
11.30AM - 1.00PM				IVID3 1B	1	IVIDS 20		
1PM - 2.30PM		8.30AM - 10.00AM	12.1 G	IVIDS ID	12.2 G	IVIDS 25	12.3 G	
16.1 B		8.30AM - 10.00AM 10AM - 11.30AM	12.1 G 14.1 G	MD3 ID	12.2 G 14.2 G	IVID3 213	12.3 G 14.3 G	
A.00PM - 5.30PM 18.2 B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM	12.1 G 14.1 G 12.1 B	MIDS 1D	12.2 G 14.2 G 12.2 B	19153 25	12.3 G 14.3 G 12.3 B	12.4 B
S.30PM - 7.00PM T.00PM - 8.30PM T.0.1 B T.0.2 B T.0.2 B T.0.3 B T.0.4 B T.0.2 B T.0.3 B T.0.4 B T.0.2 B T.0.3 B T.0.4 B T.0.4 B T.0.3 B T.0.4 B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM	12.1 G 14.1 G 12.1 B 14.1 B	WIDS 1B	12.2 G 14.2 G 12.2 B 14.2 B	W103 20	12.3 G 14.3 G 12.3 B 14.3 B	12.4 B 14.4 B
True 23 MBS MBS 1A MBS 1B MBS 2A MBS 2B MBS 3A MBS 3B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B	WIDS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B	WI55 25	12.3 G 14.3 G 12.3 B 14.3 B	12.4 B 14.4 B
MBS		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B	WIB3 10	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B	WISS 2B	12.3 G 14.3 G 12.3 B 14.3 B	12.4 B 14.4 B
1.2.1 B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B	Wib5 10	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B	WISS 2B	12.3 G 14.3 G 12.3 B 14.3 B	12.4 B 14.4 B
1.2.1 B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B	Wib3 10	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B	WISS 2D	12.3 G 14.3 G 12.3 B 14.3 B	12.4 B 14.4 B
14.1 B		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B
TUE 23	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B
S.30PM - 9.30PM 18.2 B 18.3 B 18.3 B	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B
MBS	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B
S.30PM - 6.30PM SENIOR MEN YOUTH MEN 18.1 G 16.2 G	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B MBS 3A 12.3 B 14.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B
S.30PM - 6.30PM SENIOR MEN YOUTH MEN 18.1 G 16.2 G	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B MBS 3A 12.3 B 14.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B
Columbia	MON 22	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B		12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B		12.3 G 14.3 G 12.3 B 14.3 B 16.3 B MBS 3A 12.3 B 14.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B
Columbia		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
T.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
SENIOR MEN YOUTH MEN YOUTH WOMEN		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM **MBS** 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM **MBS** 5.30PM - 6.30PM 8.30PM - 9.30PM **MBS** 5.30PM - 6.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
WED 24 MBS MBS 1A MBS 1B MBS 2A MBS 2B MBS 3A MBS 3B 5.30PM - 6.30PM 12.1 G 12.2 G 12.3 G 6.30PM - 7.30PM 14.1 G 14.2 G 14.3 G 7.30PM - 8.30PM 8.30PM - 9.30PM NBS 1A MBS 1B MBS 2A MBS 2B MBS 3B 5.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G 6.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G 7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 2.30PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B MBS 3A 16.1 G 18.1 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
12.3 G 14.3 G 1		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B YOUTH MEN YOUTH MEN	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B MBS 3A 16.1 G 18.1 G YOUTH WOMEN	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
12.3 G 14.3 G 1		8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN	MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.1 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B MBS 3A 12.3 B 14.3 B 16.3 B MBS 3A 16.1 G 18.1 G YOUTH WOMEN	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B
Columbia	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM SAMPM - 7.30PM 7.30PM - 8.30PM MBS 5.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM MBS 5.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 8.30PM 8.30PM - 8.30PM 8.30PM - 8.30PM 8.30PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.1 B 16.2 B 18.3 B	MBS 2B	12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B 16.3 B 11.3 B 16.3 B 16.3 B 16.3 B 16.3 B 16.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
THU 25 MBS	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 2.30PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 3.30PM 8.30PM - 3.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 11.2 B 16.2 B 18.3 B MBS 2A 19.2 B 19.3 B MBS 2A 19.4 B 19.4	MBS 2B	MBS 3A 16.3 B 14.3 B 16.3 B	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
SAURI	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM 6.30PM - 6.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 6.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 18.3 B	MBS 2B	MBS 3A 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
THU 25 MBS MBS 1A MBS 1B MBS 2A MBS 2B MBS 3A MBS 3B 5.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G 6.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G 7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM MBS 5.30PM - 8.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 7.30PM 7.30PM - 8.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 18.3 B	MBS 2B	MBS 3A 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
5.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G 6.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G 7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 7.30PM 8.30PM - 8.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 18.3 B	MBS 2B	MBS 3A 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
5.30PM - 6.30PM 20.0 B 20.2 B 18.1 B 16.1 G 16.2 G 6.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G 7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 7.30PM 8.30PM - 8.30PM 8.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G	MBS 1B MBS 1B 20.2 B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 18.3 B	MBS 2B	MBS 3A 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G 18.2 G
6.30PM - 7.30PM SENIOR MEN YOUTH MEN 18.1 G 18.2 G 7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G 14.1 G	MBS 1B MBS 1B 20.2 B MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.1 B 16.2 B 18.3 B MBS 2A 12.2 G 14.2 G	MBS 2B MBS 2B	MBS 3A 16.3 B 14.3 B 16.3 G 18.1 G YOUTH WOMEN YOUTH WOMEN YOUTH WOMEN 12.3 G 14.3 G 14.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 16.4 B MBS 3B 16.2 G 18.2 G
7.30PM - 8.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23 WED 24	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM 6.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 9.30PM MBS 5.30PM - 8.30PM 8.30PM - 9.30PM 7.30PM - 8.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G 14.1 G MBS 1A	MBS 1B 20.2 B MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 G 14.2 G MBS 2A	MBS 2B MBS 2B	MBS 3A 16.3 B 14.3 B 16.3 B 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G 14.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 16.4 B MBS 3B 16.2 G 18.2 G
	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM 7.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G 14.1 G MBS 1A 20.0 B	MBS 1B 20.2 B MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 C 14.2 C	MBS 2B MBS 2B	MBS 3A 12.3 G 14.3 G 12.3 B 14.3 B 16.3 B 16.3 B 16.3 B 14.3 B 16.3 B 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G 14.3 G 14.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G MBS 3B
8.30PM - 9.30PM SENIOR MEN YOUTH MEN YOUTH WOMEN	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G 14.1 G MBS 1A 12.1 G 14.1 G	MBS 1B 20.2 B MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 18.1 B YOUTH MEN YOUTH MEN YOUTH MEN YOUTH MEN MBS 2A 12.2 G 14.2 G MBS 2A 18.1 B	MBS 2B MBS 2B	MBS 3A 12.3 G 14.3 G 12.3 B 14.3 B 16.3 G 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G 14.3 G 14.3 G 14.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G MBS 3B
	TUE 23	8.30AM - 10.00AM 10AM - 11.30AM 11.30AM - 1.00PM 11.30AM - 1.00PM 1PM - 2.30PM 2.30PM - 4.00PM 4.00PM - 5.30PM 5.30PM - 7.00PM 7.00PM - 8.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 8.30PM - 9.30PM 8.30PM - 9.30PM MBS 5.30PM - 6.30PM 6.30PM - 7.30PM 7.30PM - 8.30PM 8.30PM - 9.30PM	12.1 G 14.1 G 12.1 B 14.1 B 14.1 B 16.1 B 18.2 B MBS 1A 12.1 B 14.1 B 16.1 B 18.2 B MBS 1A 20.0 B SENIOR MEN SENIOR MEN SENIOR MEN MBS 1A 12.1 G 14.1 G MBS 1A 12.1 G 14.1 G	MBS 1B 20.2 B MBS 1B	12.2 G 14.2 G 12.2 B 14.2 B 14.2 B 16.2 B 18.3 B MBS 2A 12.2 B 14.2 B 16.2 B 18.3 B MBS 2A 18.1 B YOUTH MEN YOUTH MEN YOUTH MEN YOUTH MEN MBS 2A 12.2 G 14.2 G MBS 2A 18.1 B	MBS 2B MBS 2B	MBS 3A 12.3 G 14.3 G 12.3 B 14.3 B 16.3 G 16.1 G 18.1 G YOUTH WOMEN YOUTH WOMEN MBS 3A 12.3 G 14.3 G 14.3 G 14.3 G	12.4 B 14.4 B 16.4 B MBS 3B 12.4 B 14.4 B 16.4 B MBS 3B 16.2 G MBS 3B