

TIMETABLE

FRIDAY

6:00 – Arrive at MFE (eat beforehand)
7:00 – In cars and rolling...
9:00 – Arrive at Lardner Park and set up beds
9:15 – Supper and team briefing
10:00 – Opening Ceremony!!
11:30 – TIME FOR BED

SATURDAY

6:15 – Leaders Meeting
6:45 – Get Dressed & BREAKFAST
7:30 – In Cars and rolling...
8:00 – SPORTS SESSION 1
12:30 – LUNCH
1:00 – SPORTS SESSION 2
5-6.00 – Free Time
6:00 – DINNER
7:00 – EVENING PROGRAM
8:30 – Free Time @ NCY site
10:00 – EVENING SESSION

- BEEP Test – U/18s Ladies
- BEEP Test – Open Mens

10:00 – Village & Free Time
11:00 – Deadline to be @ NCY site
11:30 – *****BED-TIME*****

SUNDAY

6:15 – Leaders Meeting
6:45 – Get Dressed & BREAKFAST
7:30 – Group Photo
7:35 – In Cars and rolling...
8:00 – SPORTS SESSION 1
12:30 – LUNCH
1:00 – SPORTS SESSION 2
5-6.00 – Free Time
6:00 – DINNER
7:00 – EVENING PROGRAM
8:30 – Free Time @ NCY site
10:00 – EVENING SESSION

- BEEP Test – U/18s Mens

10:00 – Village & Free Time
11:00 – Deadline to be @ NCY site
11:30 – *****BED-TIME*****

MONDAY

7:30 – Leaders Meeting
8:00 – Get dressed & BREAKFAST
9:00 – Pack-up
10:00 – CLOSING CEREMONY
11:00 – Team Debrief
11:30 – In Cars and rolling
12:00 – Lunch on way home
13:30 – Return to MFE

