

COBRA Phase 3 Training Schedule 2020

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
McM	5:15 - 7 AM Provincial 1	5:15 - 7 AM National 1	5:15 - 7 AM Provincial 2	5:15 - 7 AM National 2	5:15 - 7 AM Provincial 1	5:15 - 7:15 AM National 2	5:15 - 7:00 AM Provincial 2
						15 min	15 min
						7:30 - 9:30 AM National 1	7:15 - 9:15 AM National 1
						30 min	15 min
						10 - 11:30 AM Provincial 1	9:30 - 11:30 AM National 2
						15 min	15 min
McM	4 - 5:30 PM National 1	4 - 5 PM Festival 1	4 - 5:30 PM Festival 2	4 - 5:30 PM Provincial 1	4 - 6:15 PM Festival 2	11:45-12:30 PM JSC	11:45 - 12:45 PM Regional 3
	15 min	15 min	15 min	15 min	15 min	15 min	15 min
McM	5:45 - 7:15 PM National 2	5:15 - 6:30 PM Festival 2	5:45 - 7:15 PM Festival 1	5:45 - 7:15 PM Provincial 2	6:30 - 8:30 PM Provincial 2	12:45 - 1:30 PM JSC	1:00 - 2:00 PM Regional 4
	15 min	15 min	15 min	15 min			
McM	7:30 - 8:15 JSC	6:45 - 7:30 PM JSC	7:30 - 8:15 PM JSC	7:30 - 8:15 JSC			
	15 min	15 min	15 min	15 min			
McM	8:30 - 9:30 PM Teen Aqua	7:45 - 8:30 JSC	8:30 - 9:30 PM Teen Aqua				

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Bal	4 - 6:00 PM Provincial 2 15 min	4 - 6 PM National 2	4:00 - 6:30 PM Provincial 1	4 - 6 PM National 1	4 - 6 PM National 2 30 min	7:00 - 8:00 AM Regional 1 15 min	
Bal	6:15 - 8:30 PM Festival 1				6:30 - 8:30 PM National 1	8:15 - 9:15 AM Regional 2	

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Gore	4 - 5 PM Regional 1 & 2 A 30 min		4 - 5 PM Regional 1 & 2 B 30 min		4 - 5 PM Regional 1 & 2 C 30 min	6:00 - 7:15 AM Festival 2 15 min	
Gore	5:30 - 6:30 PM Regional 1 & 2 B		5:30 - 6:30 PM Regional 1 & 2 C		5:30 - 6:30 PM Regional 1 & 2 A	7:30 - 9:00 AM Festival 1	

	<u>Tuesday</u>
Earncliffe	4:00 - 5:00 Regional 3 30 min
	5:30 - 6:30 PM Regional 4

COBRA Phase 3 Training Schedule 2020

Dryland Training Schedule

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

6 - 7:15 AM

MCM

National 1

15 min

7:30 - 8:30 AM

MCM

National 2

4:45 - 5:30 PM

MCM

National 2

15 min

5:45 - 6 30 PM

MCM

National 1

5:45 - 6 45 PM

MCM

Festival 2

4:30 - 5:30 PM

Regional 2

15 min

5:45 - 6 45 PM

Provincial 1

15 min

7 - 8 PM

Regional 1

5:00 - 6:00 PM

MCM

Provincial 2

30 min

6:30 - 7:30 PM

Festival 1