

CABSC TRAINING TIMES - FROM NOVEMBER 2021

DAY	SQUAD	POOL	TIME	DURATION
MONDAY	COUNTY	BINGHAM	6.30-7.30AM	NOT AVAILABLE
	JUNIORS/JDS	BINGHAM	6.15-7.00pm	45mins
	SDS	BINGHAM	7.00-8.00pm	60mins
	COUNTY	BINGHAM	8.00-9.00pm	60mins
	WP	BINGHAM	9.00-10.00pm	60mins
	MASTERS	COTGRAVE	7.30-9.00pm	90mins
TUESDAY	MASTERS	COTGRAVE	8.00-9.00pm	60mins
	COUNTY	BINGHAM	6.00-7.30pm	90mins
	CDS	BINGHAM	6.00-7.30pm	90mins
WEDNESDAY	JDS/SDS/CDS	CALVERTON	7.30-8.30pm	60mins
	COUNTY	BINGHAM	7.00-9.00pm	120mins
THURSDAY	JDS/SDS	BINGHAM	5.00-6.00pm	60mins
	CDS	BINGHAM	6.00-7.00pm	60mins
	JWP	BINGHAM	7.00-8.00pm	60mins
	MASTERS	COTGRAVE	8.00-9.00pm	60mins
FRIDAY	COUNTY	BINGHAM	6.30-7.30AM	60mins
	SDS	BINGHAM	7.30-8.30pm	60mins
	COUNTY	BINGHAM	7.30-9.00pm	90mins
SATURDAY	JUNIORS/JDS	BINGHAM	8.00-9.00am	60mins
	CDS/SDS/COUNTY	BINGHAM	9.00-10.00am	60mins
	MASTERS	BINGHAM	10.00-11.00am	60mins
SUNDAY	JUNIORS/JDS/CDS	BINGHAM	10.30-11.30am	60mins
	MASTERS	COTGRAVE	5.00-6.00pm	60mins

NOTES: morning session by invitation