

RICHMOND KIGOO MAY 2023 SCHEDULE

GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
SENIOR 1 (SR 1)	Monday (AM)	15 min	60 min	5:45-7:00 AM
	Monday (PM)	45 min	60 min	7:15-9:00 PM
	Tuesday (AM)	15 min	60 min	5:45-7:00 AM
	Wednesday (PM)	45 min	90 min	5:15-7:30 PM
	Thursday (AM)	15 min	60 min	5:45-7:00 AM
	Thursday (PM)	45 min	60 min	7:15-9:00 PM
	Friday (AM)	15 min	60 min	5:45-7:00 AM
	Saturday (AM)	15 min	60 min	8:45-10:00 AM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
SENIOR 2 (SR 2)	Monday (AM)	15 min	60 min	5:45-7:00 AM
	Tuesday (AM)	15 min	60 min	5:45-7:00 AM
	Tuesday (PM)	45 min	60 min	7:15-9:00 PM
	Wednesday (PM)	15 min	90 min	7:15-9:00 PM
	Thursday (AM)	15 min	60 min	5:45-7:00 AM
	Friday (AM)	15 min	60 min	5:45-7:00 AM
	Friday (PM)	45 min	60 min	7:15-9:00 PM
	Saturday (AM)	15 min	60 min	9:45-11:00 AM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
INTERMEDIATE (INT)	Monday (AM)	15 min	60 min	6:45-8:00 AM
	Monday (PM)	30 min	60 min	6:30-8:00 PM
	Tuesday (PM)	30 min	60 min	6:30-8:00 PM
	Wednesday (AM)	15 min	60 min	5:45-7:00 AM
	Thursday (PM)	30 min	60 min	6:30-8:00 PM
	Friday (AM)	15 min	60 min	6:45-8:00 AM
	Friday (PM)	30 min	60 min	6:30-8:00 PM
	Saturday (AM)	15 min	60 min	7:45-9:00 AM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
JUNIOR (JR)	Monday (PM)	30 min	60 min	5:30-7:00 PM
	Tuesday (AM)	15 min	60 min	6:45-8:00 AM
	Tuesday (PM)	30 min	60 min	5:30-7:00 PM
	Wednesday (AM)	15 min	60 min	6:45-8:00 AM
	Thursday (AM)	15 min	60 min	6:45-8:00 AM
	Thursday (PM)	30 min	60 min	5:30-7:00 PM
	Friday (PM)	30 min	60 min	5:30-7:00 PM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
TECHNICAL TRAINING GROUP (TTG)	Monday (PM)	30 min	60 min	4:30-6:00 PM
	Tuesday (PM)	30 min	60 min	4:30-6:00 PM
	Wednesday (PM)	30 min	60 min	4:30-6:00 PM
	Thursday (PM)	30 min	60 min	4:30-6:00 PM
	Friday (PM)	30 min	60 min	4:30-6:00 PM
	Saturday (AM)	15 min	60 min	6:45-8:00 AM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
Junior Development 1 (JD 1)	Monday (PM)	15 min	30 min	3:30-4:15 PM
	Tuesday (PM)	15 min	30 min	3:30-4:15 PM
	Wednesday (PM)	15 min	30 min	3:30-4:15 PM
	Thursday (PM)	15 min	30 min	3:30-4:15 PM
	Friday (PM)	15 min	30 min	3:30-4:15 PM
GROUP	DAY	DRYLAND	WATER	START/FINISH TIME
Junior Development 2 (JD 2)	Monday (PM)	15 min	45 min	4:00-5:00 PM
	Tuesday (PM)	15 min	45 min	4:00-5:00 PM
	Wednesday (PM)	15 min	45 min	4:00-5:00 PM
	Thursday (PM)	15 min	45 min	4:00-5:00 PM
	Friday (PM)	15 min	45 min	4:00-5:00 PM