

July-01-12 - July-07-12

July 12

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	1 Sunday	2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							

July-08-12 - July-14-12

July 12

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	8 Sunday	9 Monday	10 Tuesday	11 Wednesday	12 Thursday	13 Friday	14 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF
7 00							
8 00							
9 00							
10 00							

July-15-12 - July-21-12

July 12

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	15 Sunday	16 Monday	17 Tuesday	18 Wednesday	19 Thursday	20 Friday	21 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							

July-22-12 - July-28-12

July 12

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	22 Sunday	23 Monday	24 Tuesday	25 Wednesday	26 Thursday	27 Friday	28 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							

July-29-12 - August-04-12

July 12

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

	29 Sunday	30 Monday	31 Tuesday	1 Wednesday	2 Thursday	3 Friday	4 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							

August-05-12 - August-11-12

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 12

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

	5 Sunday	6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							

August-12-12 - August-18-12

August 12

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 12

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

	12 Sunday	13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday
5 am							
6 00							
7 00							
8 00							
9 00							
10 00							
11 00						TRACK - ALL GROUPS LSS TRACK	
12 pm							
1 00		GREEN GROUP "A" GYM NEWLANDS	GREEN GROUP "A" GYM NEWLANDS		GREEN GROUP "A" GYM NEWLANDS		
2 00		BLUE GROUP "A" GYM NEWLANDS	BLUE GROUP "A" GYM NEWLANDS	TRACK - ALL GROUPS LSS TRACK	BLUE GROUP "A" GYM NEWLANDS		
3 00							
4 00		GREEN GORUP "B" GYM NEWLANF	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP ICE SPORTS PLEX	GREEN GORUP "B" GYM NEWLANF	BLUE GROUP SPORTS P	
5 00							
6 00		GREEN GROUP SPORTS P	GREEN GROUP SPORTS P	GREEN GROUP ICE SPORTS PLEX	GREEN GROUP SPORTS P	BLUE GROUP "B" GYM NEWLANF	
7 00		BLUE GROUP "B" GYM NEWLANF	BLUE GROUP "B" GYM NEWLANF				
8 00							
9 00							
10 00							