
DAY	DATE	Schedule 114
Wed	01.11.23	Kings 900 x 5 x 6 min
FRI	03.11.23	PROMS Series race 2
Mon	06.11.23	600 x 6 x 4 min
Wed	08.11.23	Kings 2on/2off/3/2off/4/2 off/5/2off/4/2off/3/2off/2
Mon	13.11.23	1000m x 4 x 7 min
Wed	15.11.23	Kings 4 on /2 off x 6
Mon	20.11.23	400m, 600m, 800m, 800m, 600m, 400m 3min/5min/6min
Wed	22.11.23	Kings 600/900/600/900/600 4 min/6 min
Mon	27.11.23	2 x 600, 2 x 800, 2 x 600 5 min/6 min
Wed	29.11.23	Kings 1200m x 4 x 7 min
Mon	04.12.23	300m / 500m x 6 x 3 min

Wed 06.12.23 Kings 12 x 300m x 3 min

FRI 08.12.23 PROMS Series Race 3

Mon 11.12.23 400m,600m,400m,800m,400m,600m,400 3/4/6 min

Wed 13.12.23 Kings 1500m x 9 min x 3

Mon 18.12.23 3x 400, 4 x 300, 3x 400, 1 x 200 – 3min

Wed 20.12.23 Kings 900's x 5 x 6 min OR Xmas RELAYS ??

Mon 25.12.23 Bank holiday ASV CLOSED

Wed 27.12.23 Kings 6 x 600's x 5 min ASV CLOSED?
