

WOMEN										
Tuesday	SHETLAND	ÅLAND	ORKNEY, GUERNSEY	CAYMAN, FAROES		Thursday	ISLE OF MAN	GOTLAND	YNYS MÔN	JERSEY
9.30-10.00	WARM UP					9.30-10.00	WARM UP			
10.00-10.30	VT	UB	BB	FX		10.00-10.30	VT	UB	BB	FX
10.30-11.00	UB	BB	FX	VT		10.30-11.00	UB	BB	FX	VT
11.00-11.30	BB	FX	VT	UB		11.00-11.30	BB	FX	VT	UB
11.30-12.00	FX	VT	UB	BB		11.30-12.00	FX	VT	UB	BB
Tuesday	ISLE OF MAN	GOTLAND	YNYS MÔN	JERSEY		Thursday	SHETLAND	ÅLAND	ORKNEY, GUERNSEY	CAYMAN, FAROES
12.00-12.30	GENERAL WARM UP					14.30-15.00	GENERAL WARM UP			
12.30-13.00	VT	UB	BB	FX		15.00-15.30	VT	UB	BB	FX
13.00-13.30	UB	BB	FX	VT		15.30-16.00	UB	BB	FX	VT
13.30-14.00	BB	FX	VT	UB		16.00-16.30	BB	FX	VT	UB
14.00-14.30	FX	VT	UB	BB		16.30-17.00	FX	VT	UB	BB
MEN										
Tuesday						Thursday				
14.30-17.00	All boys					12.00-14.30	All boys			