



## DE LA SALLE JRLFC TRAINING SCHEDULE

	Start	Finish	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Tuesday	4:00	4:50	U9	U9	U10	U10	U10	U10
	5:10	6:00	U11	U11	U12	U12	U11	U11
	6:20	7:30	U14	U14	U13	U13	U15	U15
Wednesday	4:00	4:50	U8 Tag	U8 Tag	U9 Tag	U10 Tag	U12 Tag	U12 Tag
	5:10	6:00	U13 Tag	U15 Tag	U17 Tag	U14 Tag	U15 Tag	U15 Tag
	6:10	7:00	U16 Tag	U16 Tag	U16	U16	U15	U15
	7:10	9:00	U18	U18	U18	U18	U17	U17
Thursday	4:00	4:50	U9	U9	U10	U10	U10	U10
	5:10	6:00	U11	U11	U12	U12	U11	U11
	6:20	7:30	U14	U14	U13	U13	U15	U15
Friday	4:00	4:50	U6 Green	U6 Red	U6 yellow	U6 Blue	U7 Red	U7 Blue
	5:10	6:00	U8 Red	U8 Blue 1	U8 Blue 2	U8 Green 1	U8 Green 2	U7 Green
	6:10	7:00			U16	U16	U15	U15
	7:10	9:00	U18	U18	U18	U18	U17	U17