



Caradon Training Programme 2024 From 2nd September 2024

Tuesday – Plymouth Life Centre 50m				
06.30-08.00	By Invitation			

Tuesday – Saltash 25m				
19.00-20.00	Development	Development	Junior	Junior
20.00-21.45	Senior 5	Senior 5	Senior 4	Senior 4

Wednesday – Lux Park 25m				
18.15-19.15	Development	Development	Junior	Junior
19.15-20.45	Masters	Masters	Masters	Masters

Wednesday – Mount Kelly 50m				
20.00-21.30	Senior 5	Senior 4	Senior 3	Masters – by application

Thursday – Lux Park 25m				
18.15-19.30	Youth	Youth	Senior 3	Senior 3
19.30-21.30	Senior 5	Senior 5	Senior 4	Senior 4

Friday – Saltash 25m				
17.00-18.00	Pre-Club	Pre-Club	Junior	Junior
18.00-19.00	Masters	Masters	Masters	Masters
19.00-20.00	Senior 3	Senior 3	Youth	Youth
19.00-19.45	Senior 4 LT	Senior 4 LT	Senior 5 LT	Senior 5 LT
20.00-21.30	Senior 4	Senior 4	Senior 5	Senior 5
20.10-20.45	Senior 3 LT	Senior 3 LT	Youth LT	Youth LT

Sunday – Saltash 25m				
07.30-09.30	Youth	Youth	Senior 5	Senior 5