National Age Group/National

Day	Date	Time	Location	
Thursday	26th June	5.30am to 7.30am	Templemore	
Friday	27th June	OFF		
Saturday	28th June	As Normal	Bangor	*HPC/Dev Group
Sunday	29th June	3.30pm to 5.30pm	Bangor	
Monday	30th June	9.00am to 11.00am	Templemore	
Tuesday	1st July	OFF	OFF	
Wednesday	2nd July	7.00am to 8.30am	Bangor	
Thursday	3rd July	9.00am to 11.00am	Templemore	
Friday	4th July	5.30am to 7.30am	Templemore	
Saturday	5th July	4pm to 6pm	Bangor	
Sunday	6th July	3.30pm to 5.30pm	Bangor	
Monday	7th July	9.00am to 11.00am	Templemore	
Tuesday	8th July	OFF	OFF	
Wednesday	9th July	7.00am to 8.30am	Bangor	
Thursday	10th July	9.00am to 11.00am	Templemore	
Friday	11th July	5.30am to 7.30am	Templemore	
Saturday	12th July	6.30am to 8.30am	Templemore	
Sunday	13th July	3.30pm to 5.30pm	Bangor	
Monday	14th July	OFF		
Tuesday	15th July	TBC	TBC	

Silver/Gold

Monday	30th June	5pm to 7pm	Templemore
Tuesday	1st July	7pm to 8pm	Templemore
Wednesday	2nd July	OFF	OFF
Thursday	3rd July	5pm to 7pm	Templemore
Friday	4th July	5pm to 7pm	Templemore
Saturday	5th July	OFF	OFF
Sunday	6th July	12.30pm to 2.30pm	Templemore

Sprint

Day	Date	Time	Location
Thursday	26th June	OFF	OFF
Friday	27th June	OFF	OFF
Saturday	28th June	OFF	OFF
Sunday	29th June	OFF	OFF
Monday	30th June	9.00am to 11.00am	Templemore
Tuesday	1st July	OFF	OFF
Wednesday	2nd July	OFF	OFF
Thursday	3rd July	9.00am to 11.00am	Templemore
Friday	4th July	5.30am to 7.30am	Templemore
Saturday	5th July	OFF	OFF
Sunday	6th July	OFF	OFF