

## Capalaba Warrior's Training Zones and Times 2024

(Commencing from 05.02.2024 - subject to change at any time)

TEAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TRAINING ZONE
U6 Mixed	5:00-6:00pm					Field 1, Yellow Zone C (Mondays)
U7 Mixed	5:00-6:00pm		5:00-6:00pm			Field 1, Yellow Zone C (Mondays & Wednesdays)
U8 Mixed	5:00-6:00pm		5:00-6:00pm			Field 1, Yellow Zone D (Mondays & Wednesdays)
U9 Mixed	5:00-6:00pm		5:00-6:00pm			Field 1, Yellow Zone D (Mondays & Wednesdays)
U10 Mixed	5:00-6:00pm		5:00-6:00pm			Field 1, Blue Zone A (Mondays & Wednesdays)
U11 Mixed	5:00-6:00pm		5:00-6:00pm			Field 2, Blue Zone B (Mondays & Wednesdays)
U12 Mixed	5:00-6:00pm		5:00-6:00pm			Field 2, Purple Zone F (Mondays & Wednesdays)
U13 Male	5:00-6:00pm		5:00-6:00pm			Field 2, Purple Zone E (Mondays & Wednesdays)
U12-17 Female		5:00-6:00pm		5:00-6:00pm		Field 1, Yellow Zones C & D (Tuesdays & Thursdays)
U14-15 Male		6:00-7:00pm		6:00-7:00pm		Field 1, Blue Zones A & B (Tuesdays & Thursdays)
U16-17 Male		5:30-7:00pm		5:30-7:00pm		Field 2, Green Zones G & H (Tuesdays & Thursdays)
U18-19 Men's		5:30-7:00pm		5:30-7:00pm		Field 2, Purple Zones E & F (Tuesdays & Thursdays)
Open Women's		6:00-7:00pm		6:00-7:00pm		Field 1, Yellow Zones C & D (Tuesdays & Thursdays)
Open Men's			6:00-7:30pm		6:00-7:00pm	Field 1, Entire Field (Wednesdays & Fridays)
Over 35 (Masters)		6:00-7:00pm		6:00-7:00pm		Field 1, Yellow Zones C & D (Tuesdays & Thursdays)
KEEP FREE	KEEP FREE		KEEP FREE		KEEP FREE	Field 2, Green Zones G & H (Mon, Wed & Fri)

