



## K2 Long Course Sessions – 2017

<b>Weekday</b>	<b>Date</b>	<b>Text</b>	<b>Start time</b>	<b>End time</b>	<b>Duration</b>	<b>Lane Allocation</b>
Sunday	08/01/2017	K2 Long Course - County	18:30	19:30	01:00	Lane 1 & 2
Sunday	08/01/2017	K2 Long Course - National	19:30	20:30	01:00	Lane 1 & 2
Sunday	15/01/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 2
Sunday	29/01/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	19/02/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 4
Sunday	05/03/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	12/03/2017	K2 Long Course - National	18:30	19:30	01:00	Lane 1 & 2
Sunday	12/03/2017	K2 Long Course - Regional	19:30	20:30	01:00	Lane 1 & 2
Sunday	26/03/2017	K2 Long Course - County	18:30	20:30	02:00	Lane 1
Sunday	02/04/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	23/04/2017	K2 Long Course - National invite	18:30	19:30	01:00	Lane 2
Sunday	23/04/2017	K2 Long Course - Masters	19:30	20:30	01:00	Lane 2
Sunday	30/04/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 1
Sunday	21/05/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	04/06/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 2
Sunday	04/06/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	11/06/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 4
Sunday	11/06/2017	K2 Long Course - National invite	18:30	20:30	02:00	Lane 3
Sunday	16/07/2017	K2 Long Course - National invite	18:30	20:30	02:00	Lane 1
Sunday	03/09/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	17/09/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 4
Sunday	24/09/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 1 & 2
Sunday	08/10/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 2
Sunday	15/10/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 4
Sunday	29/10/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 2
Sunday	29/10/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	05/11/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 3
Sunday	19/11/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1 & 2
Sunday	26/11/2017	K2 Long Course - Masters	18:30	20:30	02:00	Lane 4
Sunday	03/12/2017	K2 Long Course - National	18:30	20:30	02:00	Lane 1
Sunday	10/12/2017	K2 Long Course - Regional	18:30	20:30	02:00	Lane 1
Sunday	17/12/2017	K2 Long Course - County	18:30	20:30	02:00	Lane 3