

January 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3 1200 East - West 1400 West - East
4 0800 East - West 1000 West - East	5	6 1800 East-West	7 0800 West - East 1000 East - West 1200 West - East	8 0800 East- West 1000 West - East 1800 East-West	9 0800 West - East	10 1200 East - West 1400 West - East
11 Stanley	12 SE Islands & FXB	13 SE Islands & FXB	14 SE Islands & FXB	15 SE Islands & FXB	16 SE Islands & FXB	17 1200 East - West 1400 West - East
18	19	20 1800 East-West	21 0800 West - East 1000 East - West 1200 West - East	22 0800 East- West 1000 West - East 1800 East-West	23 0800 West - East	24 1200 East - West 1400 West - East
25 West Islands	26 West Islands	27 West Islands	28 West Islands	29 West Islands	30 West Islands	31 1200 East - West 1400 West - East

February 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3 1800 East-West	4 0800 West - East 1000 East - West 1200 West - East	5 0800 East- West 1000 West - East 1800 East-West	6 0800 West - East	7 1200 East - West 1400 West - East
8	9	10	11	12 0800 East- West 1000 West - East 1800 East-West	13 0800 West - East	14 1200 East - West 1400 West - East
15	16	17 1800 East-West	18 0800 West - East 1000 East - West 1200 West - East	19 0800 East- West 1000 West - East 1800 East-West	20 0800 West - East	21 Stanley
22 SE Islands & FXB	23 SE Islands & FXB	24 SE Islands & FXB	25 SE Islands & FXB	26 SE Islands & FXB	27 0800 East- West 1000 West - East 1200 East - West 1400 West - East	28 1200 East - West 1400 West - East

March 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 SPORTS WEEK 0800 East- West 1000 West - East	2 SPORTS WEEK 0800 East- West 1000 West - East	3 SPORTS WEEK	4 SPORTS WEEK 0800 East- West 1000 West - East	5 SPORTS WEEK 0800 East- West 1000 West - East	6	7 1200 East - West 1400 West - East
8 West Islands	9 West Islands	10 West Islands	11 West Islands	12 West Islands	13 West Islands	14 1200 East - West 1400 West - East
15	16	17 (RAM SALE) 0800 West—East 1800 East-West	18 0800 West - East 1000 East - West 1200 West - East	19 0800 East- West 1000 West - East 1800 East-West	20 0800 West - East	21 1200 East - West 1400 West - East
22	23	24	25	26 0800 East- West 1000 West - East 1800 East-West	27 0800 West - East	28 1200 East - West 1400 West - East
29	30	31 1800 East-West				