

SAF Yacht Club C Squad Training Schedule

Month: January to June 2024

Squad: Optimist HP, A1, A2, A3, Laser HP

Schedule is subject to changes and regatta dates

January

| Dates     | Training Yes/No | Training Time       | Location | Events   | Coach on Duty  | Remarks   |
|-----------|-----------------|---------------------|----------|----------|----------------|---|
| 6-Jan-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |
| 7-Jan-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |
| 13-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   | <b>CSC ILCA Open</b><br>No training for Laser HP sailors not participating in the regatta               |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           | Yes             | According to NoR/Sl | CSC      | Laser HP | Coach Hu       |   |
| 14-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           | Yes             | According to NoR/Sl | CSC      | Laser HP | Coach Hu       |   |
| 20-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   | <b>CSC Opti Championship (Gold)</b><br>No training for Opti HP sailors not participating in the regatta |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           | Yes             | According to NoR/Sl | CSC      | Opti HP  | Coach XiaoDong |   |
|           | Yes             | 2.30pm - 5.30pm     | NSRCC    | Laser HP | Coach Hu       |   |
| 21-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           | Yes             | 2.30pm - 5.30pm     | NSRCC    | Laser HP | Coach Hu       |   |
| 27-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |
| 28-Jan-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |

February

| Dates     | Training Yes/No | Training Time    | Location | Events   | Coach on Duty  | Remarks  |
|-----------|-----------------|------------------|----------|----------|----------------|--|
| 3-Feb-24  | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |
| 4-Feb-24  | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |
| 10-Feb-24 | No              |                  |          |          |                | No Training for all Squads due to Chinese New year |
| 11-Feb-24 | No              |                  |          |          |                |  |
| 17-Feb-24 | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |
| 18-Feb-24 | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |
| 24-Feb-24 | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |
| 25-Feb-24 | Yes             | 12.30pm - 3.30pm | NSRCC    | A3       | Coach Murphy   |  |
|           |                 | 1.00pm - 4.00pm  |          | A2       | Coach Low      |  |
|           |                 | 1.30pm - 4.30pm  |          | A1       | Coach Ignatius |  |
|           |                 | 2.00pm - 5.00pm  |          | Opti HP  | Coach XiaoDong |  |
|           |                 | 2.30pm - 5.30pm  |          | Laser HP | Coach Hu       |  |

March

| Dates     | Training Yes/No | Training Time      | Location | Events             | Coach on Duty  | Remarks   |                |                |
|-----------|-----------------|--------------------|----------|--------------------|----------------|---|----------------|----------------|
| 2-Mar-24  | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3                 | Coach Murphy   |   |                |                |
|           |                 | 1.00pm - 4.00pm    |          | A2                 | Coach Low      |   |                |                |
|           |                 | 1.30pm - 4.30pm    |          | A1                 | Coach Ignatius |   |                |                |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP            | Coach XiaoDong |   |                |                |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP           | Coach Hu       |   |                |                |
| 3-Mar-24  | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3                 | Coach Murphy   |   |                |                |
|           |                 | 1.00pm - 4.00pm    |          | A2                 | Coach Low      |   |                |                |
|           |                 | 1.30pm - 4.30pm    |          | A1                 | Coach Ignatius |   |                |                |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP            | Coach XiaoDong |   |                |                |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP           | Coach Hu       |   |                |                |
| 9-Mar-24  | Yes             | Accordng to NoR/SI | NSC      | A3                 | Coach Murphy   | Singapore YouthSailing Championships<br><br>No Training for sailors not participating in the regatta  |                |                |
|           |                 |                    |          | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | A1                 | Coach Ignatius |   |                |                |
|           |                 |                    |          | Opti HP            | Coach XiaoDong |   |                |                |
| 10-Mar-24 | Yes             | Accordng to NoR/SI | NSC      | Laser HP           | Coach Hu       |   |                |                |
|           |                 |                    |          | A3                 | Coach Murphy   |   |                |                |
|           |                 |                    |          | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | A1                 | Coach Ignatius |   |                |                |
| 11-Mar-24 | Yes             | Accordng to NoR/SI | NSC      | Opti HP            | Coach XiaoDong |   |                |                |
|           |                 |                    |          | Laser HP           | Coach Hu       |   |                |                |
|           |                 |                    |          | A3                 | Coach Murphy   |   |                |                |
|           |                 |                    |          | A2                 | Coach Low      |   |                |                |
| 12-Mar-24 | Yes             | Accordng to NoR/SI | NSC      | A1                 | Coach Ignatius |   |                |                |
|           |                 |                    |          | Opti HP            | Coach XiaoDong |   |                |                |
|           |                 |                    |          | Laser HP           | Coach Hu       |   |                |                |
|           |                 |                    |          | A3                 | Coach Murphy   |   |                |                |
| 16-Mar-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | 1.00pm - 4.00pm    | A1             |   | Coach Ignatius |                |
|           |                 |                    |          | 1.30pm - 4.30pm    | Opti HP        |   | Coach XiaoDong |                |
|           |                 |                    |          | 2.00pm - 5.00pm    | Laser HP       |   | Coach Hu       |                |
|           |                 |                    |          | 2.30pm - 5.30pm    | A3             |   | Coach Murphy   |                |
| 17-Mar-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | 1.00pm - 4.00pm    | A1             |   | Coach Ignatius |                |
|           |                 |                    |          | 1.30pm - 4.30pm    | Opti HP        |   | Coach XiaoDong |                |
|           |                 |                    |          | 2.00pm - 5.00pm    | Laser HP       |   | Coach Hu       |                |
|           |                 |                    |          | 2.30pm - 5.30pm    | A3             |   | Coach Murphy   |                |
| 23-Mar-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | 1.00pm - 4.00pm    | A1             |   | Coach Ignatius |                |
|           |                 |                    |          | 1.30pm - 4.30pm    | Opti HP        |   | Coach XiaoDong |                |
|           |                 |                    |          | 2.00pm - 5.00pm    | Laser HP       |   | Coach Hu       |                |
|           |                 |                    |          | 2.30pm - 5.30pm    | A3             |   | Coach Murphy   |                |
| 24-Mar-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A2                 | Coach Low      |   |                |                |
|           |                 |                    |          | 1.00pm - 4.00pm    | A1             |   | Coach Ignatius |                |
|           |                 |                    |          | 1.30pm - 4.30pm    | Opti HP        |   | Coach XiaoDong |                |
|           |                 |                    |          | 2.00pm - 5.00pm    | Laser HP       |   | Coach Hu       |                |
|           |                 |                    |          | 2.30pm - 5.30pm    | A3             |   | Coach Murphy   |                |
| 30-Mar-24 | No              |                    |          | A3                 | Coach Murphy   | 20th SAFYC Regatta (Dinghy)<br><br>No Training for Laser HP sailors not participating in the regatta<br><br>No Training for all Opti Squads |                |                |
|           | Yes             |                    |          | Accordng to NoR/SI | NSRCC          |   | A2             | Coach Low      |
|           |                 |                    |          |                    |                |   | A1             | Coach Ignatius |
|           |                 |                    |          |                    |                |   | Opti HP        | Coach XiaoDong |
| 31-Mar-24 | No              |                    |          | Laser HP           | Coach Hu       |   |                |                |
|           | Yes             |                    |          | Accordng to NoR/SI | NSRCC          |   | A3             | Coach Murphy   |
|           |                 |                    |          |                    |                |   | A2             | Coach Low      |
|           |                 |                    |          |                    |                |   | A1             | Coach Ignatius |
|           |                 |                    |          | Opti HP            | Coach XiaoDong |   |                |                |
|           |                 |                    |          | Laser HP           | Coach Hu       |   |                |                |

April

| Dates     | Training Yes/No | Training Time       | Location | Events         | Coach on Duty  | Remarks   |
|-----------|-----------------|---------------------|----------|----------------|----------------|---|
| 6-Apr-24  | Yes             | According to NoR/Sl | NSRCC    | A3             | Coach Murphy   | 20th SAFYC Regatta (Optimist)                                     |
|           |                 |                     |          | A2             | Coach Low      |   |
|           |                 |                     |          | A1             | Coach Ignatius |   |
|           | Opti HP         |                     |          | Coach XiaoDong |                |   |
|           | Laser HP        |                     |          | Coach Hu       |                |   |
| No        |                 |                     |          |                |                | No Training for Optimist sailors not participating in the regatta |
| 7-Apr-24  | Yes             | According to NoR/Sl | NSRCC    | A3             | Coach Murphy   | No Training for all Laser HP Squad                                |
|           |                 |                     |          | A2             | Coach Low      |   |
|           |                 |                     |          | A1             | Coach Ignatius |   |
|           | Opti HP         |                     |          | Coach XiaoDong |                |   |
|           | Laser HP        |                     |          | Coach Hu       |                |   |
| No        |                 |                     |          |                |                |   |
| 13-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |
| 14-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |
| 20-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |
| 21-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |
| 27-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |
| 28-Apr-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3             | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm     |          | A2             | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm     |          | A1             | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP        | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP       | Coach Hu       |   |

May

| Dates     | Training Yes/No | Training Time      | Location | Events   | Coach on Duty  | Remarks   |
|-----------|-----------------|--------------------|----------|----------|----------------|---|
| 4-May-24  | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 5-May-24  | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 11-May-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 12-May-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 18-May-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 19-May-24 | Yes             | 12.30pm - 3.30pm   | NSRCC    | A3       | Coach Murphy   |   |
|           |                 | 1.00pm - 4.00pm    |          | A2       | Coach Low      |   |
|           |                 | 1.30pm - 4.30pm    |          | A1       | Coach Ignatius |   |
|           |                 | 2.00pm - 5.00pm    |          | Opti HP  | Coach XiaoDong |   |
|           |                 | 2.30pm - 5.30pm    |          | Laser HP | Coach Hu       |   |
| 25-May-24 | Yes             | Accordng to NoR/SI | RM       | A3       | Coach Murphy   | RM Optimist Championships   |
|           |                 |                    |          | A2       | Coach Low      |   |
|           |                 |                    |          | A1       | Coach Ignatius |   |
|           | Yes             | 2.30pm - 5.30pm    | NSRCC    | Opti HP  | Coach XiaoDong |   |
|           |                 |                    |          | Laser HP | Coach Hu       |   |
| 26-May-24 | Yes             | Accordng to NoR/SI | RM       | A3       | Coach Murphy   | No Training for Optimist sailors not participating in the regatta |
|           |                 |                    |          | A2       | Coach Low      |   |
|           |                 |                    |          | A1       | Coach Ignatius |   |
|           | Yes             | 2.30pm - 5.30pm    | NSRCC    | Opti HP  | Coach XiaoDong |   |
|           |                 |                    |          | Laser HP | Coach Hu       |   |

June

| Dates     | Training Yes/No | Training Time       | Location | Events   | Coach on Duty  | Remarks   |  |
|-----------|-----------------|---------------------|----------|----------|----------------|---|--|
| 1-Jun-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 2-Jun-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 8-Jun-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 9-Jun-24  | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 15-Jun-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 16-Jun-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 22-Jun-24 | Yes             | According to NoR/SI | NSRCC    | A3       | Coach Murphy   | <u>Friendship Regatta 2024</u><br>No Training for Optimist sailors not participating in the regatta<br>No Training for Laser HP Squad |  |
|           | No              |                     |          | Laser HP | Coach Hu       |   |  |
| 23-Jun-04 | Yes             | According to NoR/SI | NSRCC    | A3       | Coach Murphy   |   |  |
|           | No              |                     |          | Laser HP | Coach Hu       |   |  |
| 29-Jun-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |
| 30-Jun-24 | Yes             | 12.30pm - 3.30pm    | NSRCC    | A3       | Coach Murphy   |   |  |
|           |                 | 1.00pm - 4.00pm     |          | A2       | Coach Low      |   |  |
|           |                 | 1.30pm - 4.30pm     |          | A1       | Coach Ignatius |   |  |
|           |                 | 2.00pm - 5.00pm     |          | Opti HP  | Coach XiaoDong |   |  |
|           |                 | 2.30pm - 5.30pm     |          | Laser HP | Coach Hu       |   |  |