

Day	Session	ACTIVITY GROUPS			
		13	14	15	16
Monday	3	-----Arrivals-----			
	4	LAKE CHALLENGE	CLIMBING	ARCHERY	FENCING
	5	ORIENTEERING	RIFLES	ABSEILING	BLIND TRAIL
Tuesday	1	ARCHERY	LOW ROPES	LOW LEVEL CYCLING	ARCHERY
	2	LOW ROPES	ARCHERY		CLIMBING
	3	HILL WALK	HILL WALK	HILL WALK	HILL WALK
	4				
	5	RIFLES	ORIENTEERING	FENCING	HIGH ROPES
Wednesday	1	CANOE / KAYAKING	CANOE / KAYAKING	ZIP WIRE	LOW LEVEL CYCLING
	2			STAND UP PADDLE BOARDING	
	3	STAND UP PADDLE BOARDING	LAKE CHALLENGE	CANOE / KAYAKING	CANOE / KAYAKING
	4	BLIND TRAIL	STAND UP PADDLE BOARDING		
	5	CLIMBING	FENCING	LOW ROPES	ORIENTEERING
Thursday	1	LOW LEVEL CYCLING	HIGH ROPES	OBSTACLE COURSE	OBSTACLE COURSE
	2		BLIND TRAIL	BLIND TRAIL	STAND UP PADDLE BOARDING
	3	OBSTACLE COURSE	ZIP WIRE	RIFLES	LAKE CHALLENGE
	4	ZIP WIRE	OBSTACLE COURSE	LAKE CHALLENGE	RIFLES
	5	FENCING	ABSEILING	CLIMBING	LOW ROPES
Friday	1	HIGH ROPES	LOW LEVEL CYCLING	ORIENTEERING	ZIP WIRE
	2	ABSEILING		HIGH ROPES	ABSEILING
	3	-----Departures-----			

