

Montag					
SPH Asseln - alt (AS)					
Anf.	Ende	min	Team 1	Team 2	
20:00	21:45	105	mA	H2	

Dienstag					
SPH Asseln - alt (AS)					
Anf.	Ende	min	Team 1	Team 2	
17:00	18:30	90	wE	wD	
18:30	20:00	90	wA	mC 1&2	
20:00	21:45	105	D1	H1	

SPH Brackel 2 (B2)					
Anf.	Ende	min	Team 1	Team 2	
16:00	17:30	90	mE	mD	
20:30	22:00	90	D2	D3	

Mittwoch					
SPH Scharnhorst (S)					
Anf.	Ende	min	Team 1	Team 2	
18:00	19:15	75	wC	wB	
19:15	20:45	90	D3	H3	
20:45	22:00	75	mA	H2	

SPH Nord 2 (N2)					
Anf.	Ende	min	Team 1	Team 2	
19:00	20:30	90	D1		

LWL Turnhalle (LWL)					
Anf.	Ende	min	Team 1	Team 2	
*15:30	17:00	90	Minis/F		

*ab 28.8.2019

SPH Huckarde (H)					
Anf.	Ende	min	Team 1	Team 2	
18:30	20:00	90			

Donnerstag					
SPH Asseln - alt (AS)					
Anf.	Ende	min	Team 1	Team 2	
16:00	17:30	90	mE	mD	
17:30	19:00	90	wC		
*19:00	20:15	75	H1		

*Aufwärmen am Rand / in freier Hälfte ab 18:45 Uhr

SPH Brackel 2 (B2)					
Anf.	Ende	min	Team 1	Team 2	
*16:00	17:30	90	wE	Mini/F	
17:30	19:00	90	wA	wD	
19:00	20:30	90	D2		

*Minis/F am 15.8. und 22.8.

Freitag					
SPH Scharnhorst (S)					
Anf.	Ende	min	Team 1	Team 2	
18:00	20:00	120	wB		

SPH Brackel 2 (B2)					
Anf.	Ende	min	Team 1	Team 2	
*16:00	18:00	120	mC 1&2		

*Trainingsbeginn mC um 16:30 Uhr

SPH Asseln - alt (AS)					
Anf.	Ende	min	Team 1	Team 2	
18:30	20:00	90	D1		