

## TRÄNINGSTIDER BGIF FF 2019

Vecka 22

		A-plan 9h	A-plan	B-plan 16,5h	B-plan	Branan 7-manna	Branan 9-manna			Solrosen	Solrosen
<b>Mån</b>	17-18.30	<b>Friddrott 17.00-19.00</b>		<b>F15</b>	<b>F17</b>	<b>P10</b>	<b>P11</b>	<b>Mån</b>	16-17.30		
<b>27-maj</b>	18.30-20	<b>Herr 19-20.30</b>		<b>Dam</b>	<b>Dam</b>	<b>F10/11</b>	<b>P13</b>	<b>27-maj</b>	17.30-19	<b>P14</b>	<b>Bollnäs Kurd</b>
	20-21.30								19-20.30	<b>P17/P16</b>	<b>P17/P16</b>
									20.30-22		
<b>Tis</b>	17-18.30	<b>Herr 17.30-19</b>		<b>F14</b>	<b>F14</b>	<b>F12/13</b>	<b>F12/13</b>	<b>Tis</b>	16-17.30		
<b>28-maj</b>	18.30-20	<b>Dam 19-20.30</b>		<b>F15</b>	<b>F15</b>	<b>P12</b>	<b>P12</b>	<b>28-maj</b>	17.30-19	<b>P14</b>	<b>P13</b>
	20-21.30			<b>P17/P16</b>	<b>P17/P16</b>				19-20.30	<b>Div 6</b>	<b>Div 6</b>
									20.30-22		
<b>Ons</b>	17-18.30	<b>Friddrott 17.00-19.30</b>		<b>F17</b>	<b>F17</b>	<b>F10/11</b>	<b>P10</b>	<b>Ons</b>	16-17.30		
<b>29-maj</b>	18.30-20					<b>P11</b>	<b>P11</b>	<b>29-maj</b>	17.30-19	<b>Div 6</b>	<b>Bollnäs Kurd</b>
	20-21.30								19-20.30		
									20.30-22		
<b>Tors</b>	17-18.30	<b>Friddrott 17.00-18.00</b>		<b>F14</b>	<b>F14</b>	<b>P12</b>	<b>F12/13</b>	<b>Tors</b>	16-17.30	<b>P16 match 15.00 Strand</b>	
<b>30-maj</b>	18.30-20	<b>Dam 18.00-19.30</b>		<b>F17</b>	<b>F15</b>	<b>P13</b>	<b>P13</b>	<b>30-maj</b>	17.30-19	<b>P14</b>	<b>P14</b>
	20-21.30	<b>Herr 19.30-21.00</b>							19-20.30	<b>P17/P16</b>	<b>P17/P16</b>
									20.30-22		
<b>Fre</b>	17-18.30	<b>Herr 17.30-19</b>						<b>Fre</b>	16-17.30		
<b>31-maj</b>	18.30-20	<b>Dam div 2 match 19.00</b>						<b>31-maj</b>	17.30-19	<b>Aryana 17.30-18.30</b>	
	20-21.30	<b>Sandvikens IF 2</b>							19-20.30	<b>Div 6 18.30-20.00</b>	
									20.30-22		
<b>Lör</b>	9-10:30							<b>Lör</b>	9-10:30		
<b>01-jun</b>	10:30-12					<b>P12 match 7*7 11.00 Ljusdal</b>		<b>01-jun</b>	10:30-12		
	12-13:30								12-13:30	<b>P14 match 12.00 Strand</b>	
	13:30-15								13:30-15		
	15-16:30								15-16:30		
	16:30-18								16:30-18		
<b>Sön</b>	9-10:30							<b>Sön</b>	9-10:30		
<b>02-jun</b>	10:30-12							<b>02-jun</b>	10:30-12		
	12-13:30								12-13:30		
	13:30-15								13:30-15	<b>Match 14.00 Aryana-Marma</b>	
	15-16:30	<b>F17 match 15.00 Kvarnsveden</b>							15-16:30	<b>P17 match 16.00 Söderala</b>	
	16:30-18								16:30-18		
	18-19:30								18-19:30	<b>Div6 match 18.00 Arbrå/Vallsta</b>	

Med reservation för ändringar (matchflytt, DM etc.)

F10/11=F08/09  
 F12/13=F06/07  
 F14=F05  
 F15=F04  
 F17=F03  
 Dam  
 P10=P09  
 P11=P08  
 P12=P07  
 P13=P06  
 P14=P05  
 P16=P04  
 P17=P02/03  
 A-lag  
 Div 6  
 Div 6=P00/01

7\*7

F12

P12

9\*9 liten

F13

P13

9\*9 stor

F14

P14

11\*11

P/F15 och äldre