

**VOLLEYBALL TRAINING SCHEDULE  
NAT WEST ISLAND GAMES XIII ÅLAND 2009**

| VOLLEYBALL MEN & WOMEN | FRI<br>26th |        |        |         | SAT<br>27th                       |        |         |         |
|------------------------|-------------|--------|--------|---------|-----------------------------------|--------|---------|---------|
|                        | Time        | ISLAND | Gender | Venue   | Time                              | ISLAND | Gender  | Venue   |
|                        |             |        |        |         | 08.00                             |        | W       | Court 1 |
|                        |             |        |        | 08.00   |                                   | M      | Court 2 |         |
|                        |             |        |        | 09.00   |                                   | W      | Court 3 |         |
|                        |             |        |        | 09.00   |                                   | M      | Court 4 |         |
|                        |             |        |        | 10.00   |                                   | W      | Court 1 |         |
|                        |             |        |        | 10.00   |                                   | M      | Court 2 |         |
|                        |             |        |        | 11.00   |                                   | W      | Court 1 |         |
|                        |             |        |        | 11.00   |                                   | M      | Court 2 |         |
|                        |             |        |        | 12.00   |                                   | W      | Court 3 |         |
|                        |             |        |        | 12.00   |                                   | M      | Court 4 |         |
|                        |             |        |        | 13.00   |                                   | W      | Court 1 |         |
|                        |             |        |        | 13.00   |                                   | M      | Court 2 |         |
|                        | 14.00       |        | W      | Court 1 | 14.00                             |        | W       | Court 1 |
|                        | 14.00       |        | M      | Court 2 | 14.00                             |        | M       | Court 2 |
|                        | 15.00       |        | W      | Court 1 | 15.00                             |        | W       | Court 1 |
|                        | 15.00       |        | M      | Court 2 | 15.00                             |        | M       | Court 2 |
|                        | 16.00       |        | W      | Court 3 | 16.00                             |        | W       | Court 1 |
|                        | 16.00       |        | M      | Court 4 | 16.00                             |        | M       | Court 2 |
|                        | 17.00       |        | W      | Court 1 | <b>Opening Ceremony<br/>18:30</b> |        |         |         |
|                        | 17.00       |        | M      | Court 2 |                                   |        |         |         |
|                        | 18.00       |        | W      | Court 1 |                                   |        |         |         |
|                        | 18.00       |        | M      | Court 2 |                                   |        |         |         |
|                        | 19.00       |        | W      | Court 1 |                                   |        |         |         |
|                        | 19.00       |        | M      | Court 2 |                                   |        |         |         |

**BOOKING GUIDELINES:** All teams will get one training session.