

20091228 (Monday)

Session A

#1 P E F M

#2 J O H G

Session B

#1 M J J

#2 E F J O

#3 B H M P

#4 K Q M F

Session C

#1 A K up/down

#2 C G up/down

#3 B A F O

#4 M K E Q

#5 H C J D

#6 B G E L

#7 N M F J

Session D

#1 B F M O

#2 D H E P

#3 Q J A F

#4 K O B E

#5 C F H M

#6 G J P B

20091229 (Tuesday)

Session A

- #1 Q Drill
- #2 B F E J
- #3 M N B A
- #4 O L H C
- #5 D Q G M
- #6 A C G K

Session B

- #1 M J 180 J
- #2 C F L H
- #3 N O P E
- #4 B 9 M
- #5 J 7 Q

Session C

- #1 B Drill
- #2 A D O F
- #3 C E K H
- #4 L J 9
- #5 Q 7 P
- #6 B M 14

Session D

- #1 B Drill
- #2 E F J H B
- #3 A L K C
- #4 D 14 M
- #5 7 9 F
- #6 M 6 J

20091230 (Wednesday)

Session A

- #1 F L P Q
- #2 O D H N
- #3 B C J 9
- #4 7 A 14
- #5 J 6 M
- #6 15 F E (up/down)

Session B

- #1 F J N P D
- #2 A B M 6
- #3 C E 15
- #4 9 H 14
- #5 K O Q 7
- \$6 J 21 M