

## Hong Kong Elite Training Programme for Women National Squad For the period of Apr 2021 to Mar 2022

updated on: 2021-09-23

# WNS

	Date		Day	Time	Venue		Remark
1	2021-04-01	4	Thu	1930-2130	STW	Ground	WNS
2	2021-04-04	7	Sun	1330-1630	STW	Cage/ Field	WNS
3	2021-04-06	2	Tue	1900-2200	STW	Cage/ Field	WNS
4	2021-04-07	3	Wed	1900-2200	STW	Cage	WNS
5	2021-04-08	4	Thu	1930-2130	STW	Ground	WNS
6	2021-04-11	7	Sun	1330-1630	STW	Cage/ Field	WNS
7	2021-04-13	2	Tue	1900-2200	STW	Cage/ Field	WNS
8	2021-04-14	3	Wed	1900-2200	STW	Cage/ Field	WNS
9	2021-04-15	4	Thu	1930-2130	STW	Ground	WNS
10	2021-04-18	7	Sun	1330-1630	STW	Cage/ Field	WNS
11	2021-04-20	2	Tue	1900-2200	STW	Cage/ Field	WNS
12	2021-04-21	3	Wed	1900-2200	STW	Cage/ Field	WNS
13	2021-04-22	4	Thu	1930-2130	STW	Ground	WNS
14	2021-04-25	7	Sun	1330-1630	STW	Cage/ Field	WNS
15	2021-04-27	2	Tue	1900-2200	STW	Cage/ Field	WNS
16	2021-04-28	3	Wed	1900-2200	STW	Cage/ Field	WNS
17	2021-04-29	4	Thu	1930-2130	STW	Ground	WNS
18	2021-05-02	7	Sun	1330-1630	STW	Cage/ Field	WNS
19	2021-05-04	2	Tue	1900-2200	STW	Cage/ Field	WNS
20	2021-05-05	3	Wed	1900-2200	STW	Cage/ Field	WNS
21	2021-05-06	4	Thu	1930-2130	STW	Ground	WNS
22	2021-05-11	2	Tue	1900-2200	STW	Cage/ Field	WNS
23	2021-05-12	3	Wed	1900-2200	STW	Cage/ Field	WNS
24	2021-05-13	4	Thu	1930-2130	STW	Ground	WNS
25	2021-05-16	7	Sun	1330-1630	STW	Cage/ Field	WNS
26	2021-05-18	2	Tue	1900-2200	STW	Cage/ Field	WNS
27	2021-05-20	4	Thu	1930-2130	STW	Ground	WNS
28	2021-05-23	7	Sun	1330-1630	STW	Cage/ Field	WNS
29	2021-05-25	2	Tue	1900-2200	STW	Cage/ Field	WNS
30	2021-05-26	3	Wed	1900-2200	STW	Cage/ Field	WNS
31	2021-05-27	4	Thu	1930-2130	STW	Ground	WNS
32	2021-05-30	7	Sun	1330-1630	STW	Cage/ Field	WNS
33	2021-06-01	2	Tue	1900-2200	STW	Cage/ Field	WNS
34	2021-06-02	3	Wed	1900-2200	STW	Cage/ Field	WNS
35	2021-06-03	4	Thu	1930-2130	STW	Ground	WNS
36	2021-06-06	7	Sun	1330-1630	STW	Cage/ Field	WNS
37	2021-06-08	2	Tue	1900-2200	STW	Cage/ Field	WNS
38	2021-06-09	3	Wed	1900-2200	STW	Cage/ Field	WNS
39	2021-06-10	4	Thu	1930-2130	STW	Ground	WNS
40	2021-06-13	7	Sun	1330-1630	STW	Cage/ Field	WNS
41	2021-06-15	2	Tue	1900-2200	STW	Cage	WNS
42	2021-06-16	3	Wed	1900-2200	STW	Cage/ Field	WNS

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# WNS

	Date		Day	Time	Venue		Remark
43	2021-06-17	4	Thu	1930-2130	STW	Ground	WNS
44	2021-06-22	2	Tue	1900-2200	STW	Cage/ Field	WNS
45	2021-06-23	3	Wed	1900-2200	STW	Cage/ Field	Cancelled
46	2021-06-24	4	Thu	1930-2130	STW	Ground	WNS
47	2021-06-27	7	Sun	1330-1630	STW	Cage/ Field	WNS
48	2021-06-29	2	Tue	1900-2200	STW	Cage/ Field	WNS
49	2021-06-30	3	Wed	1900-2200	STW	Cage/ Field	WNS
50	2021-07-04	7	Sun	1330-1630	STW	Cage/ Field	WNS
51	2021-07-06	2	Tue	1900-2200	STW	Cage/ Field	WNS
52	2021-07-07	3	Wed	1900-2200	STW	Cage/ Field	WNS
53	2021-07-08	4	Thu	1930-2130	STW	Ground	WNS
54	2021-07-11	7	Sun	1330-1630	STW	Cage/ Field	WNS
55	2021-07-13	2	Tue	1900-2200	STW	Cage/ Field	WNS
56	2021-07-14	3	Wed	1900-2200	STW	Cage/ Field	WNS
57	2021-07-15	4	Thu	1930-2130	STW	Ground	WNS
58	2021-07-18	7	Sun	1330-1630	STW	Cage/ Field	WNS
59	2021-07-20	2	Tue	1900-2200	STW	Cage/ Field	WNS
60	2021-07-21	3	Wed	1900-2200	STW	Cage/ Field	WNS
61	2021-07-22	4	Thu	1930-2130	STW	Ground	WNS
62	2021-07-25	7	Sun	1330-1630	STW	Cage/ Field	WNS
63	2021-07-27	2	Tue	1900-2200	STW	Cage/ Field	WNS
64	2021-07-28	3	Wed	1900-2200	STW	Cage/ Field	WNS
65	2021-07-29	4	Thu	1930-2130	STW	Ground	WNS
66	2021-08-01	7	Sun	1330-1630	STW	Field	WNS
67	2021-08-03	2	Tue	1900-2200	STW	Cage/ Field	WNS
68	2021-08-04	3	Wed	1900-2200	STW	Cage/ Field	WNS
69	2021-08-05	4	Thu	1930-2130	STW	Ground	Cancelled
70	2021-08-08	7	Sun	1330-1630	STW	Cage/ Field	WNS
71	2021-08-10	2	Tue	1900-2200	STW	Cage/ Field	WNS
72	2021-08-11	3	Wed	1900-2200	STW	Cage/ Field	WNS
73	2021-08-12	4	Thu	1930-2130	STW	Ground	WNS
74	2021-08-15	7	Sun	1330-1630	STW	Cage/ Field	WNS
75	2021-08-17	2	Tue	1900-2200	STW	Cage/ Field	WNS
76	2021-08-18	3	Wed	1900-2200	STW	Cage/ Field	WNS
77	2021-08-19	4	Thu	1930-2130	STW	Ground	WNS
78	2021-08-22	7	Sun	1330-1630	STW	Cage/ Field	WNS
79	2021-08-24	2	Tue	1900-2200	STW	Cage	WNS
80	2021-08-25	3	Wed	1900-2200	STW	Cage	WNS
81	2021-08-26	4	Thu	1930-2130	STW	Ground	WNS
82	2021-08-29	7	Sun	1300-1600	STW	Cage	WNS
83	2021-08-31	2	Tue	1900-2200	STW	Cage	Cancelled
84	2021-09-01	3	Wed	1900-2200	STW	Cage	WNS

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	Date		Day	Time	Venue		Remark
85	2021-09-02	4	Thu	1930-2130	STW	Ground	WNS
86	2021-09-05	7	Sun	1900-2200	STW	Cage	WNS
87	2021-09-07	2	Tue	1900-2200	STW	Cage	WNS
88	2021-09-08	3	Wed	1900-2200	STW	Cage	WNS
89	2021-09-09	4	Thu	1930-2130	STW	Ground	WNS
90	2021-09-12	7	Sun	1400-1700	STW	Cage	WNS
91	2021-09-14	2	Tue	1900-2200	STW	Cage	WNS
92	2021-09-15	3	Wed	1900-2200	STW	Cage	WNS
93	2021-09-16	4	Thu	1930-2130	STW	Ground	WNS
94	2021-09-19	7	Sun	1400-1700	STW	Cage	WNS
95	2021-09-22	3	Wed	1900-2200	STW	Cage	WNS
96	2021-09-23	4	Thu	1930-2130	STW	Ground	WNS
97	2021-09-26	7	Sun	1300-1600	STW	Cage	WNS
98	2021-09-28	2	Tue	1900-2200	STW	Cage	WNS
99	2021-09-29	3	Wed	1900-2200	STW	Cage	WNS
100	2021-09-30	4	Thu	1930-2130	STW	Ground	WNS
101	2021-10-03	7	Sun	1300-1600	STW	Cage	WNS
102	2021-10-05	2	Tue	1900-2200	STW	Cage	WNS
103	2021-10-06	3	Wed	1900-2200	STW	Cage	WNS
104	2021-10-07	4	Thu	1930-2130	STW	Ground	WNS
105	2021-10-10	7	Sun	1330-1630	STW	Cage / Field	WNS
106	2021-10-12	2	Tue	1900-2200	STW	Cage / Field	WNS
107	2021-10-13	3	Wed	1900-2200	STW	Cage / Field	WNS
108	2021-10-14	4	Thu	1930-2130	STW	Ground	WNS
109	2021-10-17	7	Sun	1330-1630	STW	Cage / Field	WNS
110	2021-10-19	2	Tue	1900-2200	STW	Cage / Field	WNS
111	2021-10-20	3	Wed	1900-2200	STW	Cage / Field	WNS
112	2021-10-21	4	Thu	1930-2130	STW	Ground	WNS
113	2021-10-24	7	Sun	1330-1630	STW	Cage / Field	WNS
114	2021-10-26	2	Tue	1900-2200	STW	Cage / Field	WNS
115	2021-10-27	3	Wed	1900-2200	STW	Cage / Field	WNS
116	2021-10-28	4	Thu	1930-2130	STW	Ground	WNS
117	2021-10-31	7	Sun	1300-1600	STW	Cage / Field	WNS
118	2021-11-02	2	Tue	1900-2200	STW	Cage / Field	WNS
119	2021-11-03	3	Wed	1900-2200	STW	Cage / Field	WNS
120	2021-11-04	4	Thu	1930-2130	STW	Ground	WNS
121	2021-11-07	7	Sun	1330-1630	STW	Cage / Field	WNS
122	2021-11-09	2	Tue	1900-2200	STW	Cage / Field	WNS
123	2021-11-10	3	Wed	1900-2200	STW	Cage / Field	WNS
124	2021-11-11	4	Thu	1930-2130	STW	Ground	WNS
125	2021-11-14	7	Sun	1330-1630	STW	Cage / Field	WNS
126	2021-11-16	2	Tue	1900-2200	STW	Cage / Field	WNS

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**WNS**

	Date		Day	Time	Venue		Remark
127	2021-11-17	3	Wed	1900-2200	STW	Cage / Field	WNS
128	2021-11-18	4	Thu	1930-2130	STW	Ground	WNS
129	2021-11-21	7	Sun	1330-1630	STW	Cage / Field	WNS
130	2021-11-23	2	Tue	1900-2200	STW	Cage / Field	WNS
131	2021-11-24	3	Wed	1900-2200	STW	Cage / Field	WNS
132	2021-11-25	4	Thu	1930-2130	STW	Ground	WNS
133	2021-11-28	7	Sun	1330-1630	STW	Cage / Field	WNS
134	2021-11-30	2	Tue	1900-2200	STW	Cage / Field	WNS

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