

Hong Kong Elite Training Programme for Women - Women National Squad
For the period of Apr 2023 to Mar 2024

Updated on: 2023-03-31

Organizer:
 Hong Kong Baseball Association

WNS/ WBAC

Subvention:

WBAC: Subvented by the Arts and Sport Development Fund (Sports Portion) under Home Affairs Bureau

WNS: Block grant subvention by Leisure and Cultural Services Department (LCSD) under Sports Subvention Scheme (Cat.

	Date		Day	Time	Venue		Remarks
1	2023-04-01	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
2	2023-04-01	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
3	2023-04-02	7	Sun	11:30 ~ 13:30	STW	Field	WBAC
4	2023-04-02	7	Sun	13:30 ~ 16:30	STW	Field / Cage	WNS
5	2023-04-03	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
6	2023-04-04	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
7	2023-04-04	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
8	2023-04-05	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
9	2023-04-05	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
10	2023-04-06	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
11	2023-04-06	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
12	2023-04-07	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
13	2023-04-08	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
14	2023-04-08	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
15	2023-04-09	7	Sun	9:30 ~ 12:30	STW	Field	WBAC
16	2023-04-10	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
17	2023-04-11	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
18	2023-04-11	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
19	2023-04-12	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
20	2023-04-12	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
21	2023-04-13	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
22	2023-04-13	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
23	2023-04-14	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
24	2023-04-15	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
25	2023-04-15	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
26	2023-04-16	7	Sun	13:00 ~ 17:00	荃灣二號食水配水庫		WBAC
27	2023-04-17	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
28	2023-04-18	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
29	2023-04-18	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
30	2023-04-19	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
31	2023-04-19	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
32	2023-04-20	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
33	2023-04-20	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
34	2023-04-21	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
35	2023-04-22	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
36	2023-04-22	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
37	2023-04-23	7	Sun	11:30 ~ 13:30	STW	Field	WBAC
38	2023-04-23	7	Sun	13:30 ~ 16:30	STW	Field / Cage	WNS
39	2023-04-24	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
40	2023-04-25	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
41	2023-04-25	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
42	2023-04-26	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
43	2023-04-26	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
44	2023-04-27	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
45	2023-04-27	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
46	2023-04-28	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
47	2023-04-29	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
48	2023-04-29	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
49	2023-04-30	7	Sun	11:30 ~ 13:30	STW	Field	WBAC
50	2023-04-30	7	Sun	13:30 ~ 16:30	STW	Field / Cage	WNS

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	Date		Day	Time	Venue		Remarks
51	2023-05-01	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
52	2023-05-02	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
53	2023-05-02	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
54	2023-05-03	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
55	2023-05-03	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
56	2023-05-04	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
57	2023-05-04	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
58	2023-05-05	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
59	2023-05-06	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
60	2023-05-06	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
61	2023-05-07	7	Sun	11:30 ~ 13:30	STW	Field	WBAC
62	2023-05-07	7	Sun	13:30 ~ 16:30	STW	Field / Cage	WNS
63	2023-05-08	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
64	2023-05-09	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
65	2023-05-09	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
66	2023-05-10	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
67	2023-05-10	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
68	2023-05-11	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
69	2023-05-11	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS
70	2023-05-12	5	Fri	17:00 ~ 19:00	STW	Cage	WBAC
71	2023-05-13	6	Sat	7:00 ~ 10:00	石硤尾配水庫遊樂場		WBAC
72	2023-05-13	6	Sat	18:00 ~ 21:00	STW	Field / Cage	WBAC
73	2023-05-14	7	Sun	11:30 ~ 13:30	STW	Field	WBAC
74	2023-05-14	7	Sun	13:30 ~ 16:30	STW	Field / Cage	WNS
75	2023-05-15	1	Mon	17:00 ~ 19:00	STW	Cage	WBAC
76	2023-05-16	2	Tue	17:00 ~ 19:00	STW	Cage	WBAC
77	2023-05-16	2	Tue	19:00 ~ 22:00	STW	Field / Cage	WNS
78	2023-05-17	3	Wed	17:00 ~ 19:00	STW	Cage	WBAC
79	2023-05-17	3	Wed	19:00 ~ 22:00	STW	Field / Cage	WNS
80	2023-05-18	4	Thu	17:00 ~ 19:00	STW	Cage	WBAC
81	2023-05-18	4	Thu	19:00 ~ 22:00	賽馬會傑志中心	S&C	WNS