



DRINK, DRUGS & SAUSAGE ROLLS

HEALTH AND WELLNESS PROGRAMME



Lairdesign

September	October	November	December 2010	2011	January	February	March	April	May	June	July	August	September	
M			1										1	M
T			2				1	1					2	T
W	1		3	O'Kane Cup: University Ulster Coleraine 1			2	2			1		3	W
T	2		4				3	3			2		4	T
F	3	1	5				4	4			3	1	5	F
S	4	2	6		New Year's Day 1		5	5			4	2	6	S
S	5	3	7		2		6	6		1	5	3	7	S
M	6	4	8		3		7	7		2	6	4	8	M
T	7	5	9		4		8	8		3	7	5	9	T
W	8	Fresher's Sevens (Men): Higher Education Colleges, MUSA 6	Ladies Sevens (Camogie): Higher Education Colleges, DUB 10	Men's and Ladies Elite Sevens: UUJ, St Mary's, QUB and Belfast Met. 8	5		9	9		4	8	6	10	W
T	9	7	11		6		10	10		5	9	7	11	T
F	10	8	12		7		11	11		6	10	8	12	F
S	11	9	13		8		12	12		7	11	9	13	S
S	12	10	14		9		13	13		8	12	10	14	S
M	13	11	15		10		14	14		9	13	11	15	M
T	14	12	16		11		15	15		10	14	12	16	T
W	15	Fresher's Sevens (Ladies): Higher Education Colleges & FE Colleges, MUSA 13	Ladies 12's: Universities & FE College, UUJ Magee Cup: Universities & FE College, UUJ 17	12			16	16		11	15	13	17	W
T	16	14	18		13		17	17	St. Patrick's Day	12	16	14	18	T
F	17	15	19		14		18	18		13	17	15	19	F
S	18	16	20		15		19	19		14	18	16	20	S
S	19	17	21		16		20	20		15	19	17	21	S
M	20	18	22		17		21	21		16	20	18	22	M
T	21	19	23		18		22	22		17	21	19	23	T
W	22	Fresher's Hurling Sevens: Higher Education Colleges & FE Colleges, MUSA 20	24	22	19		23	23		18	22	20	24	W
T	23	21	25		20		24	24		19	23	21	25	T
F	24	22	26		21		25	25	Good Friday	20	24	22	26	F
S	25	23	27	Christmas Day	22		26	26		21	25	23	27	S
S	26	24	28	St. Stephen's Day	23		27	27	Easter Sunday	22	26	24	28	S
M	27	25	29		24		28	28	Easter Monday	23	27	25	29	M
T	28	26	30		25		29	29		24	28	26	30	T
W	Men's FE 7s: Further Education vector only, MUSA. 29	27		29	Ladies Further Education 7aside Football Blitz: MUSA 26		30	30		25	29	27	31	W
T	30	28		30	27		31	31		26	30	28		T
F		29	New Year's Eve	31	28			29		27	29	29		F
S		30			29	Dowd Cup		30		28	30	30		S
S		31			30	Dowd Cup		29		29	31	31		S
M					31			30		30				M
T								31		31				T

2010-2011 Have a good one!

in association with

www.squareball.com



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