



Heart of Midlothian ASC

Training Schedule – May 2024



| | Monday 13th | Tuesday 14th | Wednesday 15th | Thursday 16th | Friday 17th | Saturday 18th | Sunday 19th |
|---|------------------------|--|--|---|--|---------------------|--|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | RCP TP 0530-0730 | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |



Heart of Midlothian ASC

Training Schedule – May 2024



| | Monday 20th | Tuesday 21st | Wednesday 22nd | Thursday 23rd | Friday 24th | Saturday 25th | Sunday 26th |
|--|------------------------|--|--|---|--|---------------------|--|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | RCP TP 0530-0730 | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP TP 1715-1830 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – May / June 2024



| | Monday 27th | Tuesday 28th | Wednesday 29th | Thursday 30th | Friday 31st | Saturday 1st | Sunday 2nd |
|--|------------------------|--|--|---|--|---------------------|--|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | RCP TP 0530-0730 | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |



Heart of Midlothian ASC

Training Schedule – June 2024



| | Monday 3rd | Tuesday 4th | Wednesday 5th | Thursday 6th | Friday 7th | Saturday 8th | Sunday 9th |
|---|------------------------|--|--|---|--|---------------------|--|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | RCP TP 0530-0730 | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | RCP (SC) 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP TP 1715-1830 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – June 2024



| | Monday 10th | Tuesday 11th | Wednesday 12th | Thursday 13th | Friday 14th | Saturday 15th | Sunday 16th |
|--|------------------------|--|--|---|--|---------------------|--|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | RCP TP 0530-0730 | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |



Heart of Midlothian ASC

Training Schedule – June 2024



| | Monday 17th | Tuesday 18th | Wednesday 19th | Thursday 20th | Friday 21st | Saturday 22nd | Sunday 23rd |
|---|------------------------|--|--|---|--|---------------|---|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | RCP 0530-0730 Ainslie Park 1730-1930 | RCP 0530-0730 Drumbrae Land 1715-1800 Swim 1815-1945 | | Drumbrae SUMMER CHALLENGE 1600-1900 |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | RCP 0530-0730 | RCP 0530-0730 | | |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | RCP 0530-0730 | RCP 0530-0730 Drumbrae Land 1900-1945 Swim 1945-2100 | | |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | |
| TIER 5 | | | Forrester 1800-1900 | | | | |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP 1730-1930 |





Heart of Midlothian ASC

Training Schedule – June 2024



| | Monday 24th | Tuesday 25th | Wednesday 26th | Thursday 27th | Friday 28th | Saturday 29th | Sunday 30th |
|--|------------------------|--|--|---------------------------|--|---------------|-----------------------|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | |
| TIER 2 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Queensferry High 1900-2030 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Drumbrae 1945-2100 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | | | |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | |





Heart of Midlothian ASC

Training Schedule – July 2024



| | Monday 1st | Tuesday 2nd | Wednesday 3rd | Thursday 4th | Friday 5th | Saturday 6th | Sunday 7th |
|--|---------------------|--|--|---------------------------|--|--------------|---|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP TP 1715-1830 |
| TIER 4 | RCP TP 0600-0730 | RCP 1930-2100 | | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| SwiFT | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – July 2024



| | Monday 8th | Tuesday 9th | Wednesday 10th | Thursday 11th | Friday 12th | Saturday 13th | Sunday 14th |
|--|---------------------|--|--|---------------------------|--|---------------|---|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | RCP TP 0600-0730 | RCP 1930-2100 | | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| SwiFT | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – July 2024



| | Monday 15th | Tuesday 16th | Wednesday 17th | Thursday 18th | Friday 19th | Saturday 20th | Sunday 21st |
|--|---------------------|--|--|---------------------------|--|---------------|---|
| TIER 1 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | RCP 0530-0730 | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 0530-0730 RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP TP 1715-1830 |
| TIER 4 | RCP TP 0600-0730 | RCP 1930-2100 | | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| SwiFT | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – July 2024



| | Monday 22nd | Tuesday 23rd | Wednesday 24th | Thursday 25th | Friday 26th | Saturday 27th | Sunday 28th |
|---|---------------------|--|---------------------------|---------------------------|--|---------------|---|
| TIER 1 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | RCP TP 0600-0730 | RCP 1930-2100 | | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| SwiFT | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – July / August 2024



| | Monday 29th | Tuesday 30th | Wednesday 31st | Thursday 1st | Friday 2nd | Saturday 3rd | Sunday 4th |
|--|----------------------------|---|----------------------------------|----------------------------------|---|--------------|--|
| TIER 1 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | RCP TP 0600-0730 | RCP 1930-2100 | Ainslie Park 1730-1930 | | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 4 | RCP TP 0600-0730 | RCP 1930-2100 | | | Drumbrae 1945-2100 | | Drumbrae 1750-1900 |
| TIER 5 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| TIER 6 | RCP TP 0600-0730 | | | | Drumbrae 1945-2100 | | Drumbrae 1650-1750 |
| SwiFT | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |





Heart of Midlothian ASC

Training Schedule – August 2024



| | Monday 5th | Tuesday 6th | Wednesday 7th | Thursday 8th | Friday 9th | Saturday 10th | Sunday 11th |
|---|------------------------|--|---------------------------|---------------------------|--|---------------|--|
| TIER 1 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | | Drumbrae Land 1715-1800 Swim 1815-1945 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | | RCP 1930-2100 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP TP 1715-1830 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |



Heart of Midlothian ASC

Training Schedule – August 2024



| | Monday 12th | Tuesday 13th | Wednesday 14th | Thursday 15th | Friday 16th | Saturday 17th | Sunday 18th |
|---|------------------------|--|---------------------------|---------------------------|--|---------------|--|
| TIER 1 | | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 2 | | Drumbrae Land 1715-1800 Swim 1815-1945 | RCP 1800-2000 | Ainslie Park 1730-1930 | Drumbrae Land 1715-1800 Swim 1815-1945 | | RCP Land 1700-1730 Swim 1730-1930 |
| TIER 3 | | RCP 1930-2100 | Ainslie Park 1730-1930 | Ainslie Park 1730-1930 | Drumbrae Land 1900-1945 Swim 1945-2100 | | RCP TP 1715-1830 |
| TIER 4 | Forrester 1900-2015 | | Forrester 1900-2015 | | Forrester 1900-2015 | | Drumbrae 1750-1900 |
| TIER 5 | | | Forrester 1800-1900 | | | | Drumbrae 1650-1750 |
| TIER 6 | Forrester 1800-1900 | | | | Forrester 1800-1900 | | |
| SwiFT | Forrester 2015-2115 | | Forrester 2015-2115 | | Forrester 2015-2115 | | Various Options agree with Head Coach |
| Masters Lead Coaches: Andrew Maguire Andrew Hutchinson | | Drumbrae 1945-2100 | | Ainslie Park 1930-2045 | | | RCP TP 1830-1945 |