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| | Second training sessions if approved | | Under 9- Under 12 | Adult Men | Girls Under 9 - under 16 | AA Women and WIL | Second training sessions if approved | Under 9- Under 12 | Adult Men |
| Beaman 7 | | | | | | | | | |
| | Second training sessions if approved | | Under 9- Under 12 | Adult Men | Girls Under 9 - under 16 | AA Women and WIL | Second training sessions if approved | Under 9- Under 12 | Adult Men |
| Beaman 8 | | | | | | | | | |
| | Second training sessions if approved | | | | Girls Under 9 - under 16 | | Second training sessions if approved | | |