

CAVELL DUTY ROTA 2009-10

6SEPT09	0645-0730	0730-0840	MORNING BREAK 1105-1125	LUNCH 1 1225-1300	LUNCH 2 1300-1335	1600-1715	EVENING MEAL/PREP/BED 1715-2130/45	SLEEPING IN 2145-0715	ALARM
SUNDAY	SMR	SMR	SMR	FRI ROTA SMR ON CALL	FRI ROTA SMR ON CALL	FRI ROTA SMR ON CALL	STR/ATP	SMM/JMR	ATP
MONDAY	SMR	SMR	SMR 20 TRP 20	ATP PRK:ALA 35	SMR 55	PRK: STR WGT 75	SMR/WIL/JMR	SMM/JMR	SMR
TUESDAY	SMR	SMR	SMR 75 TRP 40	STR 35 SMR - HOH	WSY 35 SMR - HOH	ALA 110 SMR - PB	ATP/WIL/JMR/GRT	SMM/JMR	ATP
WEDNESDAY	SMR	SMR	ATP 20 JMR 20	BAY	TRP 75	BAY 110	BAY/SMM/GRT ATP ON CALL	SMM/JMR	ATP
THURSDAY	ATP	ATP	WSY 55 WGT 95	ATP 90	SMR 110	STR (a) PFF (b)	JMR/GFF/SMR DAY Tech +Sports hall	SMM/JMR	SMR
FRIDAY	SMR	SMR	PFF 57.5 WSY 75	GFF 35	TRP 110	GFF 110	BAY/STR/SMM/ ALA ATP ON CALL	SMM/JMR	ATP
SATURDAY	ATP	ATP	JMR 40 ATP 110	WIL signing	out SMR	On Call	WIL SMR ON CALL		SMR