

Weekly Routine Orders 364 Lancaster

EVENING SCHEDULE

Activity	Start	Finish
Fall-In/Inspection	18:30	18:45
Period 1	18:50	19:25
Period 2	19:30	20:00
Break	20:00	20:20
Period 3	20:20	20:55
Fall-In/Announcements	21:00	21:20
Dismissal Time	21:20	
Other Duties	21:20	21:30

DUTY

Duty Officer	Duty NCO
CI Topcliffe, C	FSgt Bah, K
Duty Flight	
Duty Band	

DRESS

Officers Dress	Cadet Dress
5 - Work Dress	C-5E - PT Gear

Period Timings	1			2		3			
	18:50	to	19:25	19:30	to	20:00	20:20	to	20:55
Level 1	PO/EO	MX05.01			MX05.01		MX05.01		
	Subject	Physical Activities			Physical Activities		Physical Activities		
	Instructor	WO2 Thukral, S			WO2 Thukral, S		WO2 Thukral, S		
	Location	LHQ			LHQ		LHQ		
Level 2	PO/EO	MX05.01			MX05.01		MX05.01		
	Subject	Physical Activities			Physical Activities		Physical Activities		
	Instructor	WO2 Lasorda, N			WO2 Lasorda, N		WO2 Lasorda, N		
	Location	LHQ			LHQ		LHQ		
Level 3	PO/EO	MX05.01			MX05.01		MX05.01		
	Subject	Physical Activities			Physical Activities		Physical Activities		
	Instructor	WO2 Thukral, S			WO2 Thukral, S		WO2 Thukral, S		
	Location	LHQ			LHQ		LHQ		
Level 4	PO/EO	MX05.01			MX05.01		MX05.01		
	Subject	Physical Activities			Physical Activities		Physical Activities		
	Instructor	WO2 Lasorda, N			WO2 Lasorda, N		WO2 Lasorda, N		
	Location	LHQ			LHQ		LHQ		
Level 5	PO/EO	M505.01			M505.01		M505.01		
	Subject	Physical Activities			Physical Activities		Physical Activities		
	Instructor						TBD		
	Location	LHQ			LHQ		LHQ		

Day	Date	18:50	19:25	19:30	20:00	20:20	20:55
Wed	11-Oct-23						
Thu	12-Oct-23						
Fri	13-Oct-23						
Sat	14-Oct-23	1200	1500	Drill Teams		LHQ	Capt. Roberts
Sun	15-Oct-23	0800 1000	1300 1400	Range/Biathlon Supply		North Hangar South Hangar	CI Topcliffe 2Lt Topcliffe
Mon	16-Oct-23						

First sports night - bring a reusable water bottle. The squadron will not be supplying water bottles for cadets. We have water stations for cadets to refill. Wear sports and weather appropriate clothing.