	Men's					
	Pool A	Pool B	Pool C	Pool D		
1	Birmingham City	Exeter	Essex	Loughborough		
2	Bishop Burton	Surrey	Leeds Beckett	Northumbria		
3	Cardiff Met	Sussex	Newcastle	Manchester Met		
4	Durham	UWTSD	Nottingham Trent	East Anglia		
	Men's Plate					
	Men's Trophy					

Kick Off	Pitch 1	Pitch 2	Pitch 3	Pitch 4
10:00	Birmingham City v Bishop Burton	Cardiff Met v Durham	Exeter v Surrey	Sussex v UWTSD
10:20	Essex v Leeds Beckett	Newcastle v Nottingham Trent	East Anglia v Loughborough	Manchester Met v Northumbria
10:40	Cardiff Met v Loughborough	Leeds Beckett v Surrey	Durham v Essex	Exeter v Newcastle
11:00				
11:20	Birmingham City v Cardiff Met	Bishop Burton v Durham	Exeter v Sussex	Surrey v UWTSD
11:40	Essex v Newcastle	Leeds Beckett v Nottingham Trent	East Anglia v Manchester Met	Loughborough v Northumbria
12:00	Cardiff Met v Leeds Beckett	Loughborough v Surrey	Durham v Manchester	Exeter v UWTSD
12:20				
12:40	Birmingham City v Durham	Bishop Burton v Cardiff Met	Exeter v UWTSD	Surrey v Sussex
13:00	Essex v Nottingham Trent	Leeds Beckett v Newcastle	East Anglia v Northumbria	Loughborough v Manchester Met
13:20	Cardiff Met v Surrey	Loughborough v Leeds Beckett	Essex v Manchester	Newcastle v UWTSD
13:40				
14:00	QF1	QF2	QF3	QF4
14:20	QF1	QF2	QF3	QF4
14:40	QF1	QF2	QF3	QF4
15:00				
15:20	SF1	SF2	SF1	SF2
15:40	SF1	SF2		
16:00				
16:20	Final			
16:40	Final			
17:00	Final			
17:20	Final			

	Women's					
Pool A	Pool B	Pool C				
Cardiff Met	Durham	Exeter				
Leeds Beckett	Essex	Newcastle				
Loughborough	Manchester	UWTSD				
Surrey						
Women's Plate						
Women's Trophy						
Pitch 5						
	M					
	M					
	W					
	M					
	M					
	W					
	M					
	M					
	W					
	MP					
	MT					
	WT					
	MT/MP					
	WT					
	MP					
	WP					
	MT					
	WT					