



period 1 Jan					period 2 Jan/Feb				period 3 Feb/Mar				period 4 Mar/Apr			
wk	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
M	30	6	13	20	27	3	10	17	24	3	10	17	24	31	7	14
T	31	7	14	21	28	4	11	18	25	4	11	18	25	1	8	15
W	1	8	15	22	29	5	12	19	26	5	12	19	26	2	9	16
T	2	9	16	23	30	6	13	20	27	6	13	20	27	3	10	17
F	3	10	17	24	31	7	14	21	28	7	14	21	28	4	11	18
S	4	11	18	25	1	8	15	22	1	8	15	22	29	5	12	19
S	5	12	19	26	2	9	16	23	2	9	16	23	30	6	13	20

submit p13 '24

submit p1 '25

submit p2 '25

submit p3 '25

period 5 Apr/May				period 6 May/Jun				period 7 Jun/Jul				Publication MPS-ABC qualification:	
wk	17	18	19	20	21	22	23	24	25	26	27		28
M	21	28	5	12	19	26	2	9	16	23	30	7	2024 Q13: 27-01-2025
T	22	29	6	13	20	27	3	10	17	24	1	8	2025 Q04: 19-05-2025
W	23	30	7	14	21	28	4	11	18	25	2	9	2025 Q07: 11-08-2025
T	24	1	8	15	22	29	5	12	19	26	3	10	2025 Q10: 03-11-2025
F	25	2	9	16	23	30	6	13	20	27	4	11	2025 Q13: 26-01-2026
S	26	3	10	17	24	31	7	14	21	28	5	12	
S	27	4	11	18	25	1	8	15	22	29	6	13	

submit p4 '25

submit p5 '25

submit p6 '25

period 8 Jul/Aug				period 9 Aug/Sept				period 10 Sept/Oct				
wk	29	30	31	32	33	34	35	36	37	38	39	40
M	14	21	28	4	11	18	25	1	8	15	22	29
T	15	22	29	5	12	19	26	2	9	16	23	30
W	16	23	30	6	13	20	27	3	10	17	24	1
T	17	24	31	7	14	21	28	4	11	18	25	2
F	18	25	1	8	15	22	29	5	12	19	26	3
S	19	26	2	9	16	23	30	6	13	20	27	4
S	20	27	3	10	17	24	31	7	14	21	28	5

submit p7 '25

submit p8 '25

submit p9 '25

period 11 Oct/Nov				period 12 Nov/Dec				period 13 Dec				period 1 2025				
wk	41	42	43	44	45	46	47	48	49	50	51	52	1	2	3	4
M	6	13	20	27	3	10	17	24	1	8	15	22	29	5	12	19
T	7	14	21	28	4	11	18	25	2	9	16	23	30	6	13	20
W	8	15	22	29	5	12	19	26	3	10	17	24	31	7	14	21
T	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22
F	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23
S	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24
S	12	19	26	2	9	16	23	30	7	14	21	28	4	11	18	25

submit p10 '25

submit p11 '25

submit p12 '25

submit p13 '25