

			SENIORS			GOLD		
22nd May	WED	AM	<b>NO TRAINING</b>			5.30-7.00	swim	EGGS
		PM	5:15-6.30	swim	EGGS	5:15-6.30	swim	EGGS
23rd May	THU	AM	5:30-7:00	swim	EGGS	<b>NO TRAINING</b>		
		PM	6:00-7:00	swim	EGGS	6:00-7:00	swim	EGGS
			<b>No Dryland</b>			<b>No Dryland</b>		
24th May	FR	AM	<b>NO TRAINING</b>			<b>NO TRAINING</b>		
		PM	<b>NO TRAINING</b>			<b>NO TRAINING</b>		
25th May	SAT	AM	<b>NO TRAINING</b>			<b>NO TRAINING</b>		
26th May	SUN	AM						
27th May	MON	AM	<b>NO TRAINING</b>					
		PM	<b>Normal timetable</b>			<b>Normal timetable</b>		

			SILVER			BRONZE		
22nd May	WED	AM						
		PM	3:45-5:15	swim	EGGS	3:45-5:15	swim	EGGS
23rd May	THU	AM						
		PM	4:45-6:00	swim	EGGS	4:45-6:00	swim	EGGS
			<b>No Dryland</b>					
24th May	FR	AM						
		PM	3:45-5:15	swim	EGGS	3:45-5:15	swim	EGGS
						<b>No Dryland</b>		
25th May	SAT	AM	<b>NO TRAINING</b>					
26th May	SUN	AM						
27th May	MON	AM						
		PM	4:30-6:00	swim	EGGS			
<b>NO DRYLAND</b>								