

Timetable around NZ Opens			SENIORS	GOLD	SILVER	BRONZE/SPRINT/MULTI
13th June	THU		Normal schedule but evening sessions may finish 15 mins early. NO DRY LAND	Normal timetable	Normal timetable	Normal timetable
13th June	FRI					
15th June	SAT	AM	6.30-7.30am			
16th June	SUN	PM	4.00-5.00pm (Millennium) NZ Open swimmers only			
<b>NZ OPENS this week. All sessions for all squads at EGGS unless otherwise stated</b>						
17th June	MON	AM PM	6.00-7.00am 4.30-6.00pm	No training 4.30-6.00pm	No training 6.00-7.30pm No dry land	Normal timetable
18th June	TUE	AM PM PM	6.00-7.00am No Dry Land 5.30-7.00pm	No training No Dry Land 5.30-7.00pm		
19th June	WED	AM PM	5.30-7.00am (optional) 5.15-6.45pm	5.30-7.00am 5.15-6.45pm		
20th June	THU	AM PM PM	6.00-7.00am No Dry Land 6.00-7.30pm	No training 5.00-5.45pm dry land 6.00-7.30pm	Normal timetable	
21st June	FRI	AM PM	5.30-7.00am No training	5.30-7.00am No training		
22nd June	SAT	AM	7.30-9.00am	7.30-9.00am		