Seni	iors	Sa	uad

<b>Training Schedule</b>	Thursday 20th- Rest							
DAYS	Friday 21st	Saturday 22 <sup>nd</sup>	Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26th	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Sat/Sun 29/30
MORNING								
VENUE	AGGS	Sacred Heart College (SHC)		SHC	NAC Millennium (5 Lanes, LCM)	Olympic	SHC	Hamilton Swim Meet
SWIMMING TIMES	10.00-11.30am	7.30-9.00am		9.30-11.00am	5.30-7.00am	11.00-12.30pm	9.30-11.00am	
AFTERNOON								
VENUE	AGGS		Swimtastic	Olympic	AGGS	Swimtastic	Olympic	
DRY LAND TIMES				5.00-6.00pm			5.00-6.00pm	
SWIMMING TIMES	6.00-7.30pm		7.45-9.00pm	6.00-7.30pm	6.00-7.30pm	6.45-8.15pm	6.00-7.30pm	

## **Gold Squad**

Training Schedule	Thursday 20th- Rest							
DAYS	Friday 21st	Saturday 22 <sup>nd</sup>	Monday 24th	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Sat/Sun 29/30
MORNING								
VENUE	ACCS	Sacred Heart	SUC		NAC Millennium	CIIC	ACC5	Hamilton Swim
VENUE	AGGS	College (SHC)	SHC		(5 Lanes, LCM)	SHC	AGGS	Meet
SWIMMING TIMES	8.30-10.00am	7.30-9.00am	9.30-11.00am*		5.30-7.00am	9.30-11.00am	10.00-11.30am	
AFTERNOON								
VENUE	Olympic		AGGS	Swimtastic	Swimtastic	AGGS	Swimtastic	
DRY LAND TIMES								
SWIMMING TIMES	6.00-7.30pm		6.00-7.30pm	7.45-9.00pm	7.45-9.00pm	6.00-7.30pm	6.25-8.25pm	

<sup>\*</sup>Invited Silver swimmers may attend

# **Silver Squad**

<b>Training Schedule</b>	Thursday 20 <sup>th</sup> - Rest								
DAYS	Friday 21st	Sat 22 <sup>nd</sup>	Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wed 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Sat 29 <sup>th</sup>	Mon 31st
MORNING									
VENUE	SHC	Olympic (All lanes)	Sacred Heart College (SHC) (GOLD)*		SHC	NAC Millennium (6 lanes, SCM)	NAC Millennium (4 Janes, LCM)	Olympic (All lanes)	
DRYLAND		(· · ·	(3312)		8.30-9.15am	(6 1265) 6 6	(1121100) 20111,	(* <b>.</b>	
SWIMMING TIMES	7.30-9.00am	6.00-7.00am	9.30-11.00am		9.30-11.00am	12.00-1.30pm	10.30-12.00pm	6.00-7.00am	
AFTERNOON									
VENUE	AGGS		Olympic	AGGS	Olympic	Olympic			Olympic
DRY LAND TIMES	6.15-7.00pm		5.00-5.45pm						5.30-6pm
SWIMMING TIMES	4.30-6.00pm		6.00-8.00pm	6.00-7.30pm	6.30-8.00pm	6.15-8.00pm			6.00-8.00pm

<sup>\*</sup>Invited Silver swimmers may attend Gold training at this time

## **Bronze Squad**

Training Schedule	Thursday 20 <sup>th</sup> - Rest							
DAYS	Friday 21st	Saturday 22 <sup>nd</sup>	Monday 24th	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Saturday 29 <sup>th</sup>
MORNING								
VENUE DRYLAND	Sacred Heart College (SHC)	Olympic (All lanes)	Olympic	SHC	<b>SHC</b> 8.30-9.15am		NAC Millennium (4 lanes, LCM)	Olympic (All lanes)
SWIMMING TIMES	7.30-9.00am	6.00-7.00am	9.30-11.00am	9.30-11.00am	9.30-11.00am		10.30-12.00pm	6.00-7.00am
AFTERNOON								
VENUE						NAC Millennium (6 lanes, SCM)		
SWIMMING TIMES						12.00-1.30pm		

# **Juniors Squad**

<b>Training Schedule</b>	Thursday 20th- Rest							
DAYS	Friday 21st	Saturday 22 <sup>nd</sup>	Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26 <sup>th</sup>	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Saturday 29th
MORNING								
		Olympic	Swimtastic	Swimtastic	Swimtastic	Sacred Heart		Olympic
VENUE	Olympic	(All lanes)	(3 lanes + 2 lanes)	(3 + 2 lanes)	(3 + 2 lanes)	College (SHC)	Olympic	(All lanes)
DRY LAND TIMES	11.15-12.15pm		9.15-10.15am		9.15-10.15am		11.15-12.15pm	
SWIMMING TIMES	9.30-11.00am	6.00-7.00am	7.00-9.00am	7.00-9.00am	7.00-9.00am	9.30-11.00am	9.30-11.00am	6.00-7.00am

# Junior Development and Training (JDT) Squad

Thursday 20th- Rest							
Friday 21st	Saturday 22 <sup>nd</sup>	Monday 24 <sup>th</sup>	Tuesday 25 <sup>th</sup>	Wednesday 26th	Thursday 27 <sup>th</sup>	Friday 28 <sup>th</sup>	Saturday 29 <sup>th</sup>
	Olympic					Sacred Heart	Olympic
Swimtastic	(All lanes)	Olympic		Olympic		College (SHC)	(All lanes)
7.00-9.00am	6.00-7.00am	9.30-11.00am		9.30-11.00am		9.30-11.00am	6.00-7.00am
					NAC Millennium		
					(6 lanes, SCM)		
					12.00-1.30pm		
	Friday 21 <sup>st</sup> Swimtastic	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Olympic  Swimtastic (All lanes)	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Monday 24 <sup>th</sup> Olympic  Swimtastic (All lanes) Olympic	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Monday 24 <sup>th</sup> Tuesday 25 <sup>th</sup> Olympic  Swimtastic (All lanes) Olympic	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Monday 24 <sup>th</sup> Tuesday 25 <sup>th</sup> Wednesday 26 <sup>th</sup> Olympic Swimtastic (All lanes) Olympic Olympic	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Monday 24 <sup>th</sup> Tuesday 25 <sup>th</sup> Wednesday 26 <sup>th</sup> Thursday 27 <sup>th</sup> Olympic  (All lanes)  7.00-9.00am  6.00-7.00am  9.30-11.00am  NAC Millennium (6 lanes, SCM)	Friday 21 <sup>st</sup> Saturday 22 <sup>nd</sup> Monday 24 <sup>th</sup> Tuesday 25 <sup>th</sup> Wednesday 26 <sup>th</sup> Thursday 27 <sup>th</sup> Friday 28 <sup>th</sup> Sacred Heart  College (SHC)  7.00-9.00am  9.30-11.00am  9.30-11.00am  NAC Millennium  (6 lanes, SCM)