

Seniors Squad

Training Schedule

Thursday 20th- Rest

DAYS	Friday 21 st	Saturday 22 nd	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Sat/Sun 29/30
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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 21 st	Saturday 22 nd	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Sat/Sun 29/30
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MORNING

VENUE	AGGS	Sacred Heart College (SHC)	SHC		NAC Millennium (5 Lanes, LCM)	SHC	AGGS	Hamilton Swim 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	

*Invited Silver swimmers may attend

Silver Squad

Training Schedule		Thursday 20 th - Rest							
DAYS	Friday 21 st	Sat 22 nd	Monday 24 th	Tuesday 25 th	Wed 26 th	Thursday 27 th	Friday 28 th	Sat 29 th	Mon 31 st
MORNING									
VENUE	SHC	Olympic (All lanes)	Sacred Heart College (SHC) (GOLD)*		SHC	NAC Millennium (6 lanes, SCM)	NAC Millennium (4 lanes, LCM)	Olympic (All lanes)	
DRYLAND					8.30-9.15am				
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

*Invited Silver swimmers may attend Gold training at this time

Bronze Squad

Training Schedule		Thursday 20 th - Rest							
DAYS	Friday 21 st	Saturday 22 nd	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th	
MORNING									
VENUE	Sacred Heart College (SHC)	Olympic (All lanes)	Olympic	SHC	SHC		NAC Millennium (4 lanes, LCM)	Olympic (All lanes)	
DRYLAND					8.30-9.15am				
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

Training Schedule

Thursday 20th- Rest

DAYS	Friday 21 st	Saturday 22 nd	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th
MORNING								
VENUE	Olympic	Olympic (All lanes)	Swimtastic (3 lanes + 2 lanes)	Swimtastic (3 + 2 lanes)	Swimtastic (3 + 2 lanes)	Sacred Heart College (SHC)	Olympic	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

Training Schedule

Thursday 20th- Rest

DAYS	Friday 21 st	Saturday 22 nd	Monday 24 th	Tuesday 25 th	Wednesday 26 th	Thursday 27 th	Friday 28 th	Saturday 29 th
MORNING								
VENUE	Swimtastic	Olympic (All lanes)	Olympic		Olympic		Sacred Heart College (SHC)	Olympic (All lanes)
SWIMMING TIMES	7.00-9.00am	6.00-7.00am	9.30-11.00am		9.30-11.00am		9.30-11.00am	6.00-7.00am
AFTERNOON								
VENUE						NAC Millennium (6 lanes, SCM)		
DRY LAND TIMES								
SWIMMING TIMES						12.00-1.30pm		