

All Squad Timetable - Term 4 2010

from 12th July		National Open		National Age		State Youth		State Age		State Junior		Junior		Hanson		Armstrong	
		Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue
Monday	AM	5:00-7:00	Nunawading	5:00 - 7:00	Tintern												
	PM	4:00-6:00	PA			5:00-7:30	Nunawading (gym 5-6pm)	7:30 - 8:30	Nunawading	5:00-7:00pm	Wesley	6:00 - 7:30	Tintern	6:05 - 7:05	Nunawading	7:30 - 8:30	Syndal
Tuesday	AM	5:00 - 7:00	PA (gym 7:15-8:15am)	5:00 - 7:00	Nunawading (Swim+Gym)	5:00 - 7:00	Tintern			5:00 - 7:00	Tintern	5:30 - 7:00	Syndal				
	PM	3:00 - 5:00	PA	5:00 - 7:00	Police Academy			5:00 - 7:00	Wesley			6:00-7:30	Nunawading	6:00 - 7:00	Syndal	7:00 - 8:00 7:30 - 8:30	Syndal Nunawading
Wednesday	AM	10:00-12:00	VIS			5:00 - 7:00	Nunawading	5:00 - 7:00	Nunawading								
	PM	4:00-6:00	PA	5:15 - 7:30	Tintern (dryland 5:15-5:45)	6:30-8:00	Wesley			5:00 - 6:30	Wesley	5:00-7:30	Nunawading (5-6pm dryland)	6:05 - 7:05	Nunawading	7:30 - 8:30	Nunawading
Thursday	AM	5:00 - 7:00	PA (gym 7:15-8:15am)	5:00 - 7:00	Nunawading (Swim+Gym)					5:00 - 7:00	Tintern						
	PM	3:00-5:00	PA	5:00 - 7:00	Police Academy	5:00 - 7:00	Wesley	5:00 - 7:30	Nunawading (dryland 5-6)			6:00 - 7:30	Tintern	6:00 - 7:00 6:05 - 7:05	Syndal Nunawading	7:00 - 8:00 7:30 - 8:30	Syndal Nunawading
Friday	AM	5:00-7:00	Nunawading (gym 7:15-8:30)	5:00 - 7:00	Tintern												
	PM					5:00 - 7:00	Tintern	5:00 - 7:00	Wesley	5:00-7:30	Nunawading (gym 5-6pm)	6:00 - 7:30	Syndal	5:00-6:00	Syndal		
Saturday	AM	6:00 - 8:00	PA (Gym 8:20-9:20)	5:00 - 7:00	Nunawading (gym 7:30-8:30am)	5:00 - 6:30	Nunawading (gym 6:30-7:30)	6:30-8:00	Nunawading	6:30-8:00	Nunawading	7:00 - 8:00	Nunawading (dryland 6:30-7am)	6:50 - 7:50	Nunawading		
	PM																
Sunday	AM																
	PM																

ALL SWIMMERS ARE REQUIRED TO ARRIVE AT TRAINING 15 MINTUES PRIOR TO THE SESSION STARTING TIME.
THIS DOESN'T INCLUDE SPECIFIC DRYLAND SESSIONS.