

Summer Long Course Season 2018-19

Starts 6th November 2018

	MONDAY	Tuesday	Wednesday	Thursday	Friday	Saturday	Venues
National Squad 6 sessions John	5:15-7:30am	5:15-7:30am John & Sam	Off or train with State	5:15-7:30am John & Sam	5:15-7:30am	7.30am -10.00am	Kardinia FINA
	4.15-6.00pm	4.15-6.00pm Train with State	4.15-6.00pm	4.15-6.00pm Train with State			Kardinia Olympic Leisurelink

State Squad 5 sessions Lucky	5:30-7:30am	5:15-7:30am	5:15-7:30am	Off or train with Nationals	5:15-7:30am	7.30am -10.00am	
	Off or train with Nationals	4.15-6.00pm Lucky & Sam	Off or train with Nationals	4.15-6.00pm Lucky & Sam		Sam	

Country Squad 4 sessions Sadat	4:30-6.30pm		5:15-7:30am	5:15-7:30am	5:15-7:30am	7.30am -10.00am	
	Sadat & Sam			5.00-6.30pm	Sadat & Sam		

Green T's Squad 3 sessions Sam	5:30-7:30am	5:30-7:30am	5.30-7:30am			7.30am -10.00am	
	Emma	Sam & Emma	4.15-6.00pm		4:15-6:00pm	Emma	
			Sam		Sam		

Blue G's Squad 2 sessions Lucky	4.15-5.30pm					7.30am -10.00am	
					4:30-6:00pm		

Nationals, States & Countries dry land warm up will be conducted between 5:15am & 5:30am.

Green T's dry land warm up will be conducted between 5:30am & 5:45am

Country Squad will also have a dry land warm up between 4:30 & 5:00pm Mondays

All Squads will have a dry land warm up on Saturday morning between 7:30am & 8:00am