

Performance Transition Squad training schedules of February

Date	Day	AM	PM	Events
1st	Wednesday	OFF	4:00 - 5:30 (Narrabeen)	
2nd	Thursday	OFF	4:00 - 5:30 (Narrabeen)	
3rd	Friday	OFF	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
4th	Saturday	6:30 - 8:00 (Killarney Heights)	OFF	
5th	Sunday	OFF	OFF	
6th	Monday	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
7th	Tuesday	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
8th	Wednesday	OFF	4:00 - 5:30 (Narrabeen)	
9th	Thursday	OFF	4:00 - 5:30 (Narrabeen)	
10th	Friday	OFF	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
11th	Saturday	6:30 - 8:00 (Killarney Heights)	OFF	
12th	Sunday	OFF	OFF	<b>Speedo Series Finals (SOPAC)</b>
13th	Monday	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
14th	Tuesday	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
15th	Wednesday	OFF	4:00 - 5:30 (Narrabeen)	
16th	Thursday	OFF	4:00 - 5:30 (Narrabeen)	
17th	Friday	OFF	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
18th	Saturday	6:30 - 8:00 (Killarney Heights)	OFF	
19th	Sunday	OFF	OFF	<b>Carlile JX meet (SOPAC)</b>
20th	Monday	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
21st	Tuesday	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
22nd	Wednesday	OFF	4:00 - 5:30 (Narrabeen)	
23rd	Thursday	OFF	4:00 - 5:30 (Narrabeen)	
24th	Friday	OFF	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
25th	Saturday	6:30 - 8:00 (Killarney Heights)	OFF	
26th	Sunday	OFF	OFF	
27th	Monday	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
28th	Tuesday	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
29th	Wednesday	OFF	4:00 - 5:30 (Narrabeen)	
30th	Thursday	OFF	4:00 - 5:30 (Narrabeen)	
31st	Friday	OFF	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>