

JUNIOR PERFORMANCE SQUAD TENTATIVE APRIL 2017 TRAINING SCHEDULE

SAT	1	5:45-7:30 am (N)*	OFF
SUN	2	OFF	
MON	3	OFF	5:45-7:30 pm (N)
TUE	4	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	5	OFF	5:45-7:30 pm (N)
THU	6	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	7	OFF	5:45-7:30 pm (N)
SAT	8	5:45-7:30 am (N)*	OFF
SUN	9	OFF	
MON	10	OFF	5:45-7:30 pm (N)
TUE	11	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	12	OFF	5:45-7:30 pm (N)
THU	13	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	14	GOOD FRIDAY OFF	
SAT	15	EASTER SATURDAY OFF	
SUN	16	OFF	
MON	17	EASTER MONDAY OFF	
TUE	18	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	19	OFF	5:45-7:30 pm (N)
THU	20	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	21	OFF	5:45-7:30 pm (N)
SAT	22	5:45-7:30 am (N)*	OFF
SUN	23	OFF	
MON	24	OFF	5:45-7:30 pm (N)
TUE	25	ANZAC DAY OFF	
WED	26	OFF	5:45-7:30 pm (N)
THU	27	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	28	OFF	5:45-7:30 pm (N)
SAT	29	5:15-7:00am (NRB) *	3:45-5:30 pm (N)
SUN	30	OFF	

2017 Hancock Prospecting
AUSTRALIAN
CHAMPIONSHIPS
(Brisbane Aquatic Centre)

Ryo in Brisbane

2017 Georgina Hope
Foundation
AUSTRALIAN AGE
CHAMPIONSHIPS
(Brisbane Aquatic Centre)

Ryde Mini Meet
[Online Entries close](#)

[SMNE Distance Meet](#)
[Online Entries close](#)

ASCTA Coach Conference
(Gold Coast)

*: Combine session with Age Performance Squad(APS)

** : Combine session with National Performance Squad(NPS)

N: Narrabeen (Sydney Academy of sport)

KH: Killarney Heights Swim Centre (14 Tralee Avenue Killarney Heights)

	: Meet/Championships
	: School Holiday
	: Coach's away
	: Social function
	: Different location/time from regular schedule
	: Meet/Championships entries closing date