

Performance Transition Squad training schedules of August

Day	Date	AM	PM	Events
Tuesday	1st	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	2nd	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	3rd	OFF	4:00 - 5:30 (Narrabeen)	
Friday	4th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
Saturday	5th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	6th	OFF	OFF	<b>Abbotsleigh Invitational Meet (Abbotsleigh Aquatic Center)</b>
Monday	7th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	8th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	9th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	10th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	11th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
Saturday	12th	6:30 - 8:00 (Killarney Heights)	OFF	<b>The Presentation Night (Balgowlah RSL)</b>
Sunday	13th	OFF	OFF	<b>Willoughby Invitational Meet (Knox Grammar Aquatic Center)</b>
Monday	14th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	15th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	16th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	17th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	18th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
Saturday	19th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	20th	OFF	OFF	<b>Knox Invitational Meet (Knox Grammar Aquatic Center)</b>
Monday	21st	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	22nd	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	23rd	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	24th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	25th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	<b>Friday Night Races (Killarney Heights)</b>
Saturday	26th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	27th	OFF	OFF	<b>SMNE Junior Establishment Squad (Pymble Ladies College)</b>
Monday	28th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	29th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	30th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	31st	OFF	4:00 - 5:30 (Narrabeen)	