

JUNIOR PERFORMANCE SQUAD TENTATIVE AUGUST 2017 TRAINING SCHEDULE

TUE	1	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	2	OFF	5:45-7:30 pm (N)
THU	3	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	4	OFF	5:45-7:30 pm (N)
SAT	5	5:45-7:30 am (N)*	SNSW MC Meet #3 (Ryde) Regist - 11.30am Start - 1pm
SUN	6	OFF	
MON	7	OFF	5:45-7:30 pm (N)
TUE	8	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	9	OFF	5:45-7:30 pm (N)
THU	10	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	11	OFF	5:45-7:30 pm (N)
SAT	12	5:45-7:30 am (N)*	Narrabeen Carlile 2017 Presentation Night (Balgowlah RSL) from 4pm
SUN	13	Willoughby Invitational Meet (Knox Grammar School Swimming Centre) Wam up - 11am Start - 12noon	
MON	14	OFF	5:45-7:30 pm (N)
TUE	15	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	16	OFF	5:45-7:30 pm (N)
THU	17	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	18	OFF	5:45-7:30 pm (N)
SAT	19	5:45-7:30 am (N)*	OFF
SUN	20	Knox Pymble Invitational 12&U meet (Knox Grammar School Swimming Centre) Warm up - 10am Start - 11am	
MON	21	OFF	5:45-7:30 pm (N)
TUE	22	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	23	OFF	5:45-7:30 pm (N)
THU	24	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	25	OFF	5:45-7:30pm (N) NSW State 13&O SC Champs (SOPAC) Day 1 Warm up - 3.30pm Start - 5pm
SAT	26	5:45-7:30 am (N)	OFF
SAT	26	NSW State 13&O SC Championships (SOPAC) Day 2 Warm up - 7.30am Start - 9am	
SUN	27	NSW State 13&O SC Championships (SOPAC) Day 3 Warm up - 7.30am Start - 9am	
MON	28	OFF	5:45-7:30 pm (N)
TUE	29	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	30	OFF	5:45-7:30 pm (N)
THU	31	5:15-7:00am (KH)	3:45-5:30 pm (N)

Knox Pymble invitational
[Online Entries close](#)

NSW State 13&O SC Champs
[Online Entries close](#)

**SMNE Junior Establishment
E Squad (Pymble Ladies
College)**
9:30am - 2pm

NSW State 12&U SC Champs
[Online Entries close](#)

*: 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