

JUNIOR PERFORMANCE SQUAD TENTATIVE NOVEMBER 2017 TRAINING SCHEDULE

WED	1	OFF	5:45-7:30 pm (N)
THU	2	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	3	OFF	5:45-7:30 pm (N)
SAT	4	5:45-7:30 am (N)*	OFF
SUN	5	OFF	
MON	6	OFF	5:45-7:30 pm (N)
TUE	7	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	8	OFF	5:45-7:30 pm (N)
THU	9	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	10	OFF	5:45-7:30 pm (N)
SAT	11	SMNE Summer Championships (SOPAC) Day1 Warm up - 11am Start - 12noon	
SUN	12	SMNE Summer Championships (SOPAC) Day2 Warm up - 8am Start - 9am	
MON	13	OFF	5:45-7:30 pm (N)
TUE	14	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	15	OFF	5:45-7:30 pm (N)
THU	16	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	17	OFF	Club Championships #2 (NRB) Warm up - 5pm Start - 5.30pm
SAT	18	5:45-7:30 am (N)*	OFF
SUN	19	OFF	
MON	20	OFF	5:45-7:30 pm (N)
TUE	21	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	22	OFF	5:45-7:30 pm (N)
THU	23	5:15-7:00am (KH)	3:45-5:30 pm (N)
FRI	24	OFF	3.45-5.30 pm (N) NSW Metropolitan Champs (SOPAC) Day 1 Warm up - 2.30pm Start - 4pm
SAT	25	NSW Metropolitan Championships (SOPAC) Day 2 Warm up - 7.30am Start - 9am	
SUN	26	NSW Metropolitan Championships (SOPAC) Day 3 Warm up - 7.30am Start - 9am	
MON	27	OFF	5:45-7:30 pm (N)
TUE	28	5:15-7:00am (KH)	3:45-5:30 pm (N)
WED	29	OFF	5:45-7:30 pm (N)
THU	30	5:15-7:00am (KH)	3:45-5:30 pm (N)

Club Champs #2
Manual Entries Close

Metropolitan Champs
Online Entries Close

Port Macquarie Camp
Online register close

NSW 12U / 13Over State 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