

JUNIOR PERFORMANCE SQUAD TENTATIVE OCTOBER 2017 TRAINING SCHEDULE

SUN	1	OFF		Ryo holidays	
MON	2	LABOUR DAY - OFF			
TUE	3	5:15-7:00am (KH)	3:45-5:30 pm (N)		SNSW LC QF meet Online entries close
WED	4	OFF	5:45-7:30 pm (N)		
THU	5	5:15-7:00am (KH)	3:45-5:30 pm (N)		SNSW MC Champs Manual Entries Close
FRI	6	OFF	5:45-7:30 pm (N)		
SAT	7	5:45-7:30 am (N)*	OFF		
SUN	8	Ryde Carlile Club Challenge Cup (SOPAC) Warm up - 7:30am Start - 8.30am		SMNE 13U Sprint meet Online Entries Close	
MON	9	OFF	5:45-7:30 pm (N)	Club Champs #1 Online Entries Close	
TUE	10	5:15-7:00am (KH)	3:45-5:30 pm (N)		
WED	11	OFF	5:45-7:30 pm (N)	SMSW OW Champs Manual Entries closed	
THU	12	5:15-7:00am (KH)	3:45-5:30 pm (N)		
FRI	13	OFF	5:45-7:30 pm (N)		
SAT	14	SNSW LC Qualifying Meet (SOPAC) - Day1 Warm up - 7:30am Start - 9am			
SUN	15	SNSW LC Qualifying Meet (SOPAC) - Day2 Warm up - 7:30am Start - 9am			
MON	16	OFF	5:45-7:30 pm (N)		
TUE	17	5:15-7:00am (KH)	3:45-5:30 pm (N)		
WED	18	OFF	5:45-7:30 pm (N)		
THU	19	5:15-7:00am (KH)	3:45-5:30 pm (N)		
FRI	20	OFF	Club Champs #1 (NRB) Warm up - 5pm Start - 5:30am		
SAT	21	5:45-7:30 am (N)*	OFF		
SUN	22	SNSW Multi-Class Championships (SOPAC) Registration - 7:30am Start - 9am			
SUN	22	SMSW Open Water Champs (SIRC-Penrith) 2.5km: Briefing - 8:30am Start - 9am 5km, 7.5km, 10km: Briefing - 9:45am Start - 10:15am		SMSW OW Champs Late Entries Close @8:15am	
SUN	22	SMNE 13-U Summer Sprint Meet (SOPAC) Warm up - 8am Start - 9am			
MON	23	OFF	5:45-7:30 pm (N)		
TUE	24	5:15-7:00am (KH)	3:45-5:30 pm (N)		
WED	25	OFF	5:45-7:30 pm (N)	Nepean OWS Online Entries Close	
THU	26	5:15-7:00am (KH)	3:45-5:30 pm (N)		
FRI	27	OFF	5:45-7:30 pm (N)		
SAT	28	5:45-7:30 am (N)*	OFF		
SAT	28	Nepean Open Water Swim (SIRC-Penrith) Registration Open - 7:30am 2.5km: Briefing - 8:35am Start - 9am 5km: Briefing - 9:15am Start - 9:40am		Nepean OWS Late Entries Close @8:30am	
SUN	29	OFF			
MON	30	OFF	5:45-7:30 pm (N)		
TUE	31	5:15-7:00am (KH)	3:45-5:30 pm (N)		

*: 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