

Performance Transition Squad training schedules of November

Day	Date	AM	PM	Events
Wednesday	1st	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	2nd	OFF	4:00 - 5:30 (Narrabeen)	
Friday	3rd	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	Friday Night Races (Killarney Heights)
Saturday	4th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	5th	OFF	OFF	
Monday	6th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	7th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	8th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	9th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	10th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	Friday Night Races (Killarney Heights)
Saturday	11th	OFF	OFF	SMNE Summer Championships (SOPAC)
Sunday	12th	OFF	OFF	SMNE Summer Championships (SOPAC)
Monday	13th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	14th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	15th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	16th	OFF	4:00 - 5:30 (Narrabeen)	
Friday	17th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	Friday Night Races (Killarney Heights)
Saturday	18th	6:30 - 8:00 (Killarney Heights)	OFF	
Sunday	19th	OFF	OFF	
Monday	20th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	21st	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	22nd	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	23rd	OFF	4:00 - 5:30 (Narrabeen)	
Friday	24th	6:00 - 7:30 (Killarney Heights)	5:30 - 7:00 (Killarney Heights)	Friday Night Races (Killarney Heights) NSW Metropolitan Championships (SOPAC)
Saturday	25th	6:30 - 8:00 (Killarney Heights)	OFF	NSW Metropolitan Championships (SOPAC)
Sunday	26th	OFF	OFF	NSW Metropolitan Championships (SOPAC)
Monday	27th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Tuesday	28th	OFF	4:00 - 5:30 (Narrabeen) 5:45 - 7:15 (Killarney Heights)	
Wednesday	29th	6:00 - 7:30 (Killarney Heights)	4:00 - 5:30 (Narrabeen)	
Thursday	30th	OFF	4:00 - 5:30 (Narrabeen)	