

JUNIOR PERFORMANCE SQUAD TENTATIVE AUGUST 2018 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	Willoughby Championships & Invitational Meet (Knox) (SMNE State Squad only invited) Warm up - 11am Start - 12 noon	
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	5:45-7:30 am (N)*	Narrabeen Carlile Presentation Night 2018 (Balgowlah RSL) Registration - 4pm Concludes - 9pm
			SNSW MC Swim meet #3 (Ryde Aquatic Leisure Centre) Registration - 12noon Start - 1.30pm
SUN	12	OFF	
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	5:45-7:30 pm (N)
SAT	18	5:45-7:30 am (N)*	OFF
SUN	19	SMNE Establishment Squad (Pymble Ladies College) 9am to 1pm	
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	5:45-7:30 pm (N) NSW State 13yrs&Over SC Champs (SOPAC) - Day 1 Warm up - 3.30pm Start - 5pm
SAT	25	5:45-7:30 pm (N) NSW State 13yrs&Over SC Champs (SOPAC) - Day 2 Warm up - 7.30am Start - 9am	
SUN	26	NSW State 13yrs&Over SC Champs (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)
FRI	31	OFF	5:45-7:30 pm (N)

State Age 13&Over
Championships
[Online Entries Close](#)

State Age 12&Under
Championships
[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