



County Squad Week 1-4

WC 28th August		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim			05:45 - 07:15 QP			07:00 - 08:30 QP	
PM	Swim		18:00 - 19:30 HLC		18:00 - 19:30 HLC			17:00 - 18:30 QP
	Meeting							Team Meeting New Season 16:00 - 16:50 QP

WC 4th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim			05:45 - 07:15 QP			07:00 - 08:30 QP	
PM	Swim		18:00 - 19:30 HLC		18:00 - 19:30 HLC			17:00 - 18:30 QP

WC 11th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim			05:45 - 07:15 QP			07:00 - 08:30 QP	
PM	Swim		18:00 - 19:30 HLC		18:00 - 19:30 HLC			17:00 - 18:30 QP

WC 18th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim			05:45 - 07:15 QP			Big 50 Challenge 05:15 - 07:30 QP	
PM	Swim		18:00 - 19:30 HLC		18:00 - 19:30 HLC		Bowling	17:00 - 18:30 QP

