



National & Regional Squad Week 1-4

WC 28th August		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim		06:00 - 07:00 QP		06:00 - 07:00 QP		06:00 - 07:30 QP	
PM	Swim			Group 1 17:00 - 17:55 QP Group 2 18:05 - 19:00 QP		Group 2 17:30 - 18:25 QP Group 1 18:35 - 19:30 QP		Replacement Session 18:30 - 20:00 QP
	Land			Group 2 17:00 - 17:55 QP Group 1 18:05 - 19:00 QP		Group 1 17:30 - 18:25 QP Group 2 18:35 - 19:30 QP		

WC 4th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim	05:30 - 07:00 QP	05:30 - 07:00 QP				05:30 - 07:30 QP	
PM	Swim			Group 1 17:00 - 17:55 QP Group 2 18:05 - 19:00 QP	Group 2 18:00 - 18:55 QP Group 1 19:05 - 20:00 QP	Group 1 17:30 - 18:25 QP Group 2 18:35 - 19:30 QP		Replacement Session 18:30 - 20:00 QP
	Land			Group 2 17:00 - 17:55 QP Group 1 18:05 - 19:00 QP	Group 1 18:00 - 18:55 QP Group 2 19:05 - 20:00 QP	Group 2 17:30 - 18:25 QP Group 1 18:35 - 19:30 QP		
	Meeting			Team Meeting New Season 19:10 - 20:00 QP				

WC 11th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim	05:15 - 07:15 QP	05:15 - 07:15 QP		05:15 - 07:15 QP		05:15 - 07:30 QP	
PM	Swim			Group 2 17:00 - 17:55 QP Group 1 18:05 - 19:00 QP	Group 1 18:00 - 18:55 QP Group 2 19:05 - 20:00 QP	Group 2 17:30 - 18:25 QP Group 1 18:35 - 19:30 QP		Replacement Session 18:30 - 20:00 QP
	Land			Group 1 17:00 - 17:55 QP Group 2 18:05 - 19:00 QP	Group 2 18:00 - 18:55 QP Group 1 19:05 - 20:00 QP	Group 1 17:30 - 18:25 QP Group 2 18:35 - 19:30 QP		

WC 18th September		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	Swim	05:05 - 07:15 QP	05:05 - 07:15 QP		05:05 - 07:15 QP		Big 50 Challenge	
	Education						Psychology Mindset 07:40 - 08:40	
PM	Swim			Group 1 17:00 - 17:55 QP Group 2 18:05 - 19:00 QP	Group 2 18:00 - 18:55 QP Group 1 19:05 - 20:00 QP	Group 1 17:30 - 18:25 QP Group 2 18:35 - 19:30 QP	Bowling	Replacement Session 18:30 - 20:00 QP
	Land			Group 2 17:00 - 17:55 QP Group 1 18:05 - 19:00 QP	Group 1 18:00 - 18:55 QP Group 2 19:05 - 20:00 QP	Group 2 17:30 - 18:25 QP Group 1 18:35 - 19:30 QP		