

# TRAINING & COMPETITION SCHEDULE

DATES	WARM UP TIMES	SESSION START	SESSION FINISH (approx)	TRAINING TIMES
<b>Tuesday 25<sup>th</sup> June</b>				Competition Pool (All 10 Lanes) 11:00 – 21:00
<b>Wednesday 26<sup>th</sup> June</b>	HEATS 07:45-09:00 FINALS 16:10-17:25	<b>MC 09:15 AB 10:00</b> <b>17:40</b>	<b>11:45</b> <b>20:10</b>	Competition pool (All 10 Lanes) Open 14:15 -16:10
<b>Thursday 27<sup>th</sup> June</b>	HEATS 07:45-09:00 FINALS 16:10-17:25	<b>MC 09:15 AB 10:00</b> <b>17:40</b>	<b>11:00</b> <b>20:30</b>	Competition pool (All 10 Lanes) Open 14:15 -16:10
<b>Friday 28<sup>th</sup> June</b>	HEATS 07:45-09:00 FINALS 16:10-17:25	<b>MC 09:15 AB 10:00</b> <b>17:40</b>	<b>11:10</b> <b>20:45</b>	Competition pool (All 10 Lanes) Open 14:15 -16:10
<b>Saturday 29<sup>th</sup> June</b>	HEATS 07:45-09:00 FINALS 16:10-17:25	<b>MC 09:15 AB 10:00</b> <b>17:40</b>	<b>11:35</b> <b>20:00</b>	Competition pool (All 10 Lanes) Open 14:15 -16:10
<b>Sunday 30<sup>th</sup> June</b>	HEATS 08:30-09:45 FINALS 16:30-17:45	<b>10:00</b> <b>18:00</b>	<b>10:35</b> <b>20:00</b>	Competition pool (All 10 Lanes) Open 14:15 -16:30