

	<b>HPS</b>		<b>SENIOR</b>		<b>STATE</b>
	<b>TIME</b>		<b>TIME</b>		<b>TIME</b>
MONDAY 25 <sup>TH</sup> August	5.30-7.30am DRYLAND 6.40 – 7.25		5.30-7.30am DRYLAND 6.40 – 7.25		5.45 – 7.30am DRYLAND 5.45 – 6.30AM
FRIDAY 29 <sup>TH</sup> August	5.30 – 7.30am YOGA 6.40 – 7.25		5.45 – 7.30am YOGA 6.40 – 7.25		5.45 – 7.30am YOGA 5.45 – 6.30AM
MONDAY 1 <sup>ST</sup> September	5.30-7.30am DRYLAND 6.40 – 7.25		5.30-7.30am DRYLAND 6.40 – 7.25		5.45 – 7.30am DRYLAND 5.45 – 6.30AM
FRIDAY 5 <sup>TH</sup> September	5.30- 7.00am NO STATE AGE SWIMMERS		5.30- 7.00am NO STATE AGE SWIMMERS		5.30- 7.00am NO STATE AGE SWIMMERS
	5.00 – 7.00PM (SC OPEN SWIMMERS) 5.30 – 6.30 AGE SWIMMERS		5.30 – 6.30 AGE SWIMMERS		5.30 – 6.30 AGE SWIMMERS
SATURDAY 6 <sup>TH</sup> September	NO TRAINING STATE AGE CHAMPS		NO TRAINING STATE AGE CHAMPS		NO TRAINING STATE AGE CHAMPS
MONDAY 8 <sup>th</sup> September	5.30-7.00am NO DRYLAND NO AGE CHAMP SWIMMERS		5.30-7.00am NO DRYLAND NO AGE CHAMP SWIMMERS		5.30-7.00am NO DRYLAND NO AGE CHAMP SWIMMERS
	5.20 – 7.30pm		5.20 – 7.30pm		
TUESDAY 9 <sup>th</sup> September	5.00 – 7.00PM				5.15 – 7.15pm
WEDNESDAY 10 <sup>th</sup> September	5.30- 7.00am		5.30- 7.00am		
	4 – 6.00pm		4.00 – 6.00PM		6- 8.00pm
THURSDAY 11 <sup>th</sup> September	5.30 -7.00am		5.30 -7.00am		
	5.20 – 7.30		5.20 – 7.30		
FRIDAY 12 <sup>th</sup> September	5.30 – 7.25am YOGA 6.40 – 7.25		5.45 – 7.25am YOGA 6.40 – 7.25		5.45 – 7.30am YOGA 5.45 – 6.30AM
					5.00 – 6.45PM
SATURDAY 13 <sup>th</sup> September	6 – 8.00am		6 – 8.00am		8 -9.30am
MONDAY 15 <sup>th</sup> September	5.30-7.30am DRYLAND 6.40 – 7.25		5.30-7.30am DRYLAND 6.40 – 7.25		5.45 – 7.30am DRYLAND 5.45 – 6.30AM
	5.20 – 7.30pm		5.20 – 7.30pm		
TUESDAY 16 <sup>th</sup> September	5.00 – 7.00PM				5.15 – 7.15pm
WEDNESDAY 17 <sup>TH</sup> September	4 – 6.00pm		4.00 – 6.00PM		6- 8.00pm
THURSDAY 18 <sup>th</sup> September	5.15- 7.00am		5.15 – 7.00am		
	5.20 – 7.30		5.20 – 7.30		
FRIDAY 19 <sup>th</sup> September	5.30 – 7.30am YOGA 6.40 – 7.25 No OPEN SC SWIMMERS		5.45 – 7.30am YOGA 6.40 – 7.25		5.45 – 7.30am YOGA 5.45 – 6.30AM
	5.00 – 6.00 OPEN SC SWIMMERS ONLY TIME TRIALS		TIME TRIALS		TIME TRIALS
SATURDAY 20 <sup>th</sup> September	NO TRAINING OPEN SC COMMENCES		NO TRAINING OPEN SC COMMENCES		NO TRAINING OPEN SC COMMENCES