SURREY PARK TRAINING TIMETABLE AS OF 22 SEPTEMBER

					HIGH PER	FORMAN	CE SQUAD)			
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gy
Activation	5.10 - 5.30am	2.40 - 3.00pm	6.00 - 6.20am	2.40 - 3.00pm		2.40 - 3.00pm	6.00 - 6.20am	2.40 - 3.00pm	5.00 - 5.15am		5.40 - 6.00am
Swim	5.30 - 7.30am	3.00 - 5.00pm	6.20 - 7.45am	3.00 - 5.00pm		3.00 - 5.00pm	6.20 - 7.45am	3.00 - 5.00pm	5.15 - 7.45am		6.00 - 8.00am
Gym AQBH			7.45 - 9.30am				7.45 - 9.30am				8.15 - 9.45am
			OPE	N PERFOR	RMANCE -	SPRINT &	OPEN W	ATER SQU	ADS		
	Mor	nday	Tue	sday	Wedn	iesday	Thu	rsday	Fri	day	Saturday
Location	AQBH	Trinity	Balwyn	Balwyn	AQBH	Trinity	Blackburn	Balwyn	OFF	Hawthorn	AQBH Outside
	7.42	•		Open Water	7.42	•		Open Water	U. .		·
Activation		5.00 - 5.15pm	5.15 - 5.30am	2.40 - 3.00pm		5.00 - 5.15pm	5.15 - 5.30am	2.40 - 3.00pm		4.15 - 4.30pm	5.45 - 6.00am
Swim	6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am	3.00 - 5.00pm	6.20 - 7.45am	5.15 - 7.15pm	5.30 - 7.30am	3.00 - 5.00pm		4.30 - 6.30pm	6.00 - 8.00am
Gym AQBH	5.00 - 6.20am				5.00 - 6.20am						8.00 - 9.30am
							NSITION S				
	Mor	-	Tue	-		esday		rsday		day	Saturday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gy
Activation	5.10 - 5.30am	4.40 - 5.00pm		2.40 - 3.00pm		2.40 - 3.00pm		2.40 - 3.00pm	5.10 - 5.15am		5.40 - 6.00am
Swim	5.30 - 7.30am	5.00 - 7.00pm	6.15 - 7.45am	3.00 - 5.00pm		3.00 - 5.00pm	6.15 - 7.45am	3.00 - 5.00pm	5.15 - 7.45pm		6.00 - 8.00am
Gym AQBH			5.00 - 6.15am				5.00 - 6.15am				8.15 - 9.45am
				NATI	ONAL AGE	PERFORI	MANCE SO	QUAD			
	Mor	nday	Tue	sday	Wedn	esday	Thu	rsday	Frie	day	Saturday
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH Gym/Balwyn Sw
Activation	5.10 - 5.30am	4.40 - 5.00pm	5.00 - 5.15am			4.40 - 5.00pm	5.00 - 5.15am	4.40 - 5.00pm	5.10 - 5.30am		
Swim	5.30 - 7.30am	5.00 - 7.00pm	5.15 - 6.20am			5.00 - 7.00pm	5.15 - 6.20am	5.00 - 7.00pm	5.30 - 7.30am		8.00 - 9.30am
Gym AQBH			6.30 - 7.45am				6.30 - 7.45am				5.45 - 7.30am
•											
					NATIONA	AL TARGE	T SOUAD				
	Monday Tuesday					esday	Thursday		Friday		Saturday
Lasation											
Location	Blackburn	OFF	AQBH	Balwyn	OFF	AQBH	AQBH	OFF	Blackburn	OFF	AQBH
Activation	5.15 - 5.30am		5.00 - 5.15am	4.40 - 5.00pm			5.00 - 5.15am		5.15 - 5.30am		5.45 - 6.00am
Swim	5.30 - 7.30am		5.15 - 6.20am	5.00 - 7.00pm		5.30 - 7.00pm	5.15 - 6.20am		5.30 - 7.30am		6.00 - 8.00am
Gym AQBH			6.30 - 7.45am			4.00 - 5.30pm	6.30 - 7.45am				
			_				CE SQUAI				
	Mor	nday	Tue			RFORMAN nesday		rsday	Fri	day	Saturday
Location	Moi AQBH	nday Trinity	Tue OFF						Fri OFF	day Hawthorn	Saturday AQBH
	AQBH	Trinity		sday Balwyn	Wedn AQBH	esday	Thui			Hawthorn	АОВН
Activation	AQBH 5.00 - 5.15am	Trinity 5.00 - 5.15pm		Balwyn 4.40 - 5.00pm	AQBH 5.00 - 5.15am	esday	Balwyn 5.15 - 5.30am			Hawthorn 4.15 - 4.30pm	AQBH 5.45 - 6.00am
Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am	Trinity		sday Balwyn	AQBH 5.00 - 5.15am 5.15 - 6.20am	esday	Thui			Hawthorn	АОВН
Activation Swim	AQBH 5.00 - 5.15am	Trinity 5.00 - 5.15pm		Balwyn 4.40 - 5.00pm	AQBH 5.00 - 5.15am	esday	Balwyn 5.15 - 5.30am			Hawthorn 4.15 - 4.30pm	AQBH 5.45 - 6.00am
Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am	Trinity 5.00 - 5.15pm		Balwyn 4.40 - 5.00pm	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	OFF	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am			Hawthorn 4.15 - 4.30pm	AQBH 5.45 - 6.00am
Activation	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	OFF SENIOR S	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am	rsday	OFF	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am
Activation Swim Gym AQBH	AQBH 5.00 - 5.15am 5.15 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn	OFF SENIOR S	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am	rsday	OFF	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	5.45 - 6.00am 6.00 - 8.00am Saturday
Activation Swim Gym AQBH Location	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm dday Trinity	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am	OFF SENIOR S esday Trinity	Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation	rsday	OFF	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors
Activation Swim Gym AQBH Location Activation	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mot AQBH By Invitation	Trinity 5.00 - 5.15pm 5.15 - 7.15pm tday Trinity 5.00 - 5.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Medn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH	OFF SENIOR S esday Trinity 5.00 - 5.15pm	SQUAD Thui Blackburn By Invitation 5.15 - 5.30am	rsday	OFF Fri AQBH Indoors	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am
Activation Swim Gym AQBH Location Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm dday Trinity	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Medn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH	OFF SENIOR S esday Trinity	Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation	rsday	OFF Fri AQBH Indoors 6.00 - 7.30am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors
Activation Swim Gym AQBH Location Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Mot AQBH By Invitation	Trinity 5.00 - 5.15pm 5.15 - 7.15pm tday Trinity 5.00 - 5.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Medn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH	OFF SENIOR S esday Trinity 5.00 - 5.15pm	SQUAD Thui Blackburn By Invitation 5.15 - 5.30am	rsday	OFF Fri AQBH Indoors	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am
Activation Swim Gym AQBH Location Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm tday Trinity 5.00 - 5.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	SENIOR S sesday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am SQUAD Thui Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday	OFF Fri AQBH Indoors 6.00 - 7.30am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am
Activation Swim Gym AQBH Location Activation	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm day Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Tue OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm	Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	SENIOR S esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday OFF	Frii AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am 8.00 - 9.30am
Activation Swim Gym AQBH Location Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm day Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm organisatay OFF	Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	SENIOR S sesday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday	Frii AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am
Activation Swim Gym AQBH Location Activation Swim	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm day Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Tue OFF	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm Gday OFF Balwyn Balwyn	Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	SENIOR S esday Trinity 5.00 - 5.15pm 5.15 - 7.15pm	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday OFF	Frii AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF	Saturday AQBH Outdoors 7.45 - 8.00am 8.00 - 9.30am
Activation Swim Gym AQBH Location Activation Swim Gym AQBH	AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.45am Moi AQBH By Invitation 6.20 - 7.45am 5.00 - 6.20am	Trinity 5.00 - 5.15pm 5.15 - 7.15pm day Trinity 5.00 - 5.15pm 5.15 - 7.15pm	OFF Tue	Balwyn 4.40 - 5.00pm 5.00 - 7.00pm organisatay OFF	Wedn AQBH 5.00 - 5.15am 5.15 - 6.20am 6.30 - 7.30am STATE Wedn AQBH 6.20 - 7.45am 5.00 - 6.20am	SENIOR S SENIOR S Sesday Trinity 5.00 - 5.15pm 5.15 - 7.15pm JUNIOR S	Thui Balwyn 5.15 - 5.30am 5.30 - 7.30am GQUAD Thui Blackburn By Invitation 5.15 - 5.30am 5.30 - 7.30am	rsday OFF	OFF Fri AQBH Indoors 6.00 - 7.30am 5.00 - 6.00am	Hawthorn 4.15 - 4.30pm 4.30 - 6.30pm day OFF	AQBH 5.45 - 6.00am 6.00 - 8.00am Saturday AQBH Outdoors 7.45 - 8.00am 8.00 - 9.30am

SURREY PARK TRAINING TIMETABLE AS OF 22 SEPTEMBER

					STATE	TARGET S	QUAD				
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	AQBH Indoors	Trinity	OFF	OFF	OFF	Trinity	AQBH Indoors	OFF	AQBH Outdoors
Activation			5.50 - 6.00am	5.00 - 5.15pm				5.00 - 5.15pm			7.45 - 8.00am
Swim			6.00 - 7.30am	5.15 - 7.15pm				5.15 - 7.15pm	6.00 - 7.30am		8.00 - 9.30am
Gym AQBH									5.00 - 6.00am		
					TATE DE	/ELODA4E	NT COLLA	3			
			_			NT SQUAD					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	AQBH	OFF	Trinity	Blackburn	OFF	OFF	AQBH	Blackburn Invitation Only	OFF	Blackburn
Activation		3.50 - 4.00pm		5.00 - 5.15pm	5.15 - 5.30am			5.15 - 5.30pm	5.15 - 5.30am		5.30 - 5.45am
Swim		4.00 - 5.30pm		5.15 - 7.15pm	5.30 - 7.30am			5.30 - 7.00pm	5.30 - 7.30am		5.45 - 7.15am
					II INIOP /	ADVANCE	D SOLIAD				
	Mor	JUNIOR ADVANCED Monday Tuesday Wednesday						Thursday Friday			
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	Saturday Blackburn
Activation	5.50 - 6.00am			5.15 - 5.30pm		3.50 - 4.00pm				5.15 - 5.30pm	5.30 - 5.45am
Swim	6.00 - 7.30am			5.30 - 7.00pm		4.00 - 5.30pm				5.30 - 7.00pm	5.45 - 7.15am
				JI	UNIOR IN	TERMEDIA	ATE SQUA	D			
	Mor	nday		Tuesday		Wednesday		Thursday		Friday	
Location	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	Blackburn	OFF	OFF	Strathcona
Activation		5.15 - 5.30pm		3.50 - 4.00pm				6.15 - 6.30pm			6.15 - 6.30am
Swim		5.30 - 7.00pm		4.00 - 5.30pm				6.30 - 7.45pm			6.30 - 8.00am
					JUNIOR	BEGINNE	R SQUAD				
	Mor			sday		nesday		rsday		day	Saturday
Location	OFF	OFF	OFF	Blackburn	OFF	OFF	OFF	AQBH	OFF	AQBH	Strathcona
Activation				6.15 - 6.30pm				3.50 - 4.00pm		3.50 - 4.00pm	6.15 - 6.30am
Swim				6.30 - 7.45pm				4.00 - 5.30pm		4.00 - 5.30pm	6.30 - 8.00am
	Aqualink Boy L	III/AORH: Surr	ev Drive Roy Li	all .			Blackburn/PD	212 Middlebar	ough Pd Roy U	ill Sth /hetween S	Inotlight and Angeor
TRAINING							Blackburn/BB: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anacon				
POOLS	Strathcona Girls Grammar Pool: Surrey Park access via Bryson St entrance, Canterbury						Balwyn (Boroondarra Sports Complex): 271C Belmore Rd, Nth Balwyn				
	Trinity Grammar School Pool: Surrey Park access is via Stanley St gate (only), Kew						Hawthorn Aquatic & Leisure Centre: 1 Grace St, Hawthorn				