SURREY PARK TRAINING TIMETABLE AS OF 20 OCTOBER

HIGH PERFORMANCE SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym
Activation	4.58 - 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	6.00 - 6.15am		5.28 - 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	6.15 - 7.45am		6.00 - 8.00am
Gym AQBH			**7.45 - 9.30am**				**7.45 - 9.30am**				**8.15 - 9.45am**

OPEN PERFORMANCE - SPRINT & OPEN WATER SQUADS

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH	Trinity	Balwyn	Balwyn *Open Water*	AQBH	Trinity	Blackburn	Balwyn *Open Water*	OFF	Hawthorn	AQBH Outside
Activation		5.00 - 5.15pm	4.58 - 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	5.00 - 6.20am	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**				**6.30 - 7.45am**						**8.00 - 9.30am**

HIGH PERFORMANCE TRANSITION SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Balwyn	Balwyn	AQBH	Balwyn	OFF	Balwyn	AQBH	Balwyn	AQBH	OFF	Balwyn Swim/AQBH Gym
Activation	4.58 - 5.30am	4.40 - 5.00pm		2.40 - 3.00pm		2.40 - 3.00pm		2.40 - 3.00pm	6.00 - 6.15am		5.28 - 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	6.15 - 7.45am		6.00 - 8.00am
Gym AQBH			**5.00 - 6.15am**				**5.00 - 6.15am**				**8.15 - 9.45am**

NATIONAL AGE PERFORMANCE SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	Balwyn	Balwyn	AQBH	OFF	OFF	Balwyn	AQBH	Balwyn	Balwyn	OFF	AQBH Gym/Balwyn Swim
Activation	4.58 - 5.30am	4.40 - 5.00pm	5.00 - 5.15am			4.40 - 5.00pm	5.00 - 5.15am	4.40 - 5.00pm	4.58 - 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**

NATIONAL TARGET SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
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**				

STATE PERFORMANCE SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH	Trinity	OFF	Balwyn	AQBH	OFF	Balwyn		OFF	Hawthorn	AQBH
Activation	5.00 - 5.15am	5.00 - 5.15pm		4.40 - 5.00pm			4.58 - 5.30am			4.15 - 4.30pm	5.45 - 6.00am
Swim	5.15 - 6.20am	5.15 - 7.15pm		5.00 - 7.00pm	6.30 - 7.30am		5.30 - 7.30am			4.30 - 6.30pm	6.00 - 8.00am
Gym AQBH	**6.30 - 7.45am**				**5.00 - 6.15am**						

STATE SENIOR SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH *By Invitation*	Trinity	OFF	OFF	AQBH	Trinity	Blackburn *By Invitation*	OFF	AQBH Outdoors	OFF	AQBH Outdoors
Activation		5.00 - 5.15pm				5.00 - 5.15pm	5.15 - 5.30am				7.45 - 8.00am
Swim	6.20 - 7.45am	5.15 - 7.15pm			5.00 - 6.20am	5.15 - 7.15pm	5.30 - 7.30am		5.00 - 6.20am		8.00 - 9.30am
Gym AQBH	**5.00 - 6.20am**				**6.30 - 7.45am**				**6.30 - 7.30am**		

STATE JUNIOR SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	Blackburn	Balwyn *Invitation Only*	OFF	AQBH	OFF	Trinity	Blackburn	OFF	AQBH Indoors
Activation			5.15 - 5.30am	4.40 - 5.00pm				5.00 - 5.15pm	5.15 - 5.30am		5.45 - 6.00am
Swim			5.30 - 7.30am	5.00 - 7.00pm		5.30 - 7.00pm		5.15 - 7.15pm	5.30 - 7.30am		6.00 - 8.00am
Gym AQBH						**4.00 - 5.30pm**					

SURREY PARK TRAINING TIMETABLE AS OF 20 OCTOBER

STATE TARGET SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	OFF	OFF	AQBH Indoors	Trinity	OFF	OFF	OFF	Trinity	AQBH Outdoors	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	5.00 - 6.20am		8.00 - 9.30am
Gym AQBH									**6.30 - 7.30am**		

STATE DEVELOPMENT 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

JUNIOR ADVANCED SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Location	AQBH Indoor	OFF	OFF	AQBH	OFF	AQBH	OFF	OFF	OFF	AQBH	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

JUNIOR INTERMEDIATE SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
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 BEGINNER SQUAD

	Monday		Tuesday		Wednesday		Thursday		Friday		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

TRAINING POOLS		
	Aqualink Box Hill/AQBH: Surrey Drive, Box Hill	**Blackburn/BB: 313 Middleborough Rd, Box Hill Sth (between Spotlight and Anaconda)**
	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**