

TRAINING SESSIONS FOR NATIONAL SQUADS MAY 2010

ALL SESSIONS ARE AT THE NATIONAL STADIUM POOL

DATE	TIME	GROUP
Wed May 12	5.00 – 6.45am	1,2
Wed May 12	4.15 – 5.45pm	3,4
Thurs May 13	5.00 – 6.45am	1
Wed May 19	5.00 – 6.45am	1,2,3
Wed May 19	4.15 – 6.00pm	1,4 (Group 4 finishes at 5.30pm)
Fri May 22	3.30 – 5.30pm	1,2,3,4
Wed May 26	5.00 – 6.45am	1,2
Wed May 26	4.15 – 5.45pm	3,4
Thurs May 27	5.00 – 6.45am	1
Tues June 1 st	5.00 – 6.45am	1,2,3
Wed June 2 nd	4.15 – 6.00pm	1,4(Group 4 finishes at 5.30pm)
Fri June 4 th	3.30 – 5.30pm	1,2,3
Mon June 7 th	5.00 – 6.45am	1,2,3
Wed June 9 th	4.15 – 6.00pm	1,4 (Group 4 finishes at 5.30pm)
Fri June 11 th	5.00 – 6.45am	1,2,3
Wed June 16 th	4.15 – 6.00pm	1,2,3,4
Fri June 18 th	5.00 – 6.45am	1,2,3
Mon June 21 st	5.00 – 6.45am	1
Wed June 23 rd	4.15 – 6.00pm	1,2,3,4
Fri June 25 th	5.00 – 6.45am	1,2,3