



Squad Timetables

A SQUAD

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5.30am – 7.30am (ARC)	5.30am – 7.30am (RACE)	5.30am – 7.30am (RACE)	5.30am – 7.30am (RACE)	5.30am – 7.30am (ARC)	6.00am – 8.00am (RACE)
4.30pm – 6.30pm (RACE)	4.30pm – 6.30pm (ARC)		4.30pm – 6.30pm (RACE)	4.30pm – 6.30pm (RACE)	

B SQUAD

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	5.30am – 7.30am (RACE)		5.30am – 7.30am (RACE)		6.00am – 8.00am (RACE)
6.30pm – 8.00pm (RACE)	6.30pm – 8.00pm (ARC)	6.00pm – 8.00pm (ARC)	6.30pm – 8.00pm (RACE)	6.30pm – 8.00pm (RACE)	

DEVELOPMENT

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5.30am – 7.30am (RACE)		5.30am – 7.30am (ARC)		5.30am – 7.30am (RACE)	8.00am – 9.30am (ARC)
	6.30pm – 8.00pm (RACE)				

JUNIOR

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
GOLD	6.30pm – 8.00pm (ARC)	5.30am – 7.30am (ARC)	6.30pm – 8.00pm (RACE)	6.30pm – 8.00pm (ARC)	6.30pm – 8.00pm (ARC)	
SILVER	5.15pm – 6.30pm (ARC)	5.15pm – 6.30pm (RACE)	5.15pm – 6.30pm (RACE)	5.15pm – 6.30pm (ARC)	5.15pm – 6.30pm (ARC)	9.30am – 10.30am (ARC)
BRONZE	4.15pm – 5.15pm (ARC)	4.15pm – 5.15pm (RACE)	4.15pm – 5.15pm (RACE)	4.15pm – 5.15pm (ARC)	4.15pm – 5.15pm (ARC)	10.30am – 11.30am (ARC)