Event:	Day	Team	Time	Venue
JAN WEEK 1		**PERFORMANCE SQUADS**		
	Mon 19th	All Perf - early am	5:15 - 6:45 am	SCA- Training pool
	Mon 19th	All Perf - evening	1800-2000	St Pauls school
	Tue 20th	All Perf - evening	1900 - 2100	St Pauls school
	Wed 21st	All Perf - evening	1700-1900	St Pauls school
	Thu 22nd	All Perf - early am	5:15 - 6:45 am	SCA - Training pool
	Thu 22nd	Perf M/C - evening	1900 - 2100	St Pauls school
	Fri 23rd	All Perf - evening	1800-2000	St Pauls school
D1/PM	Sat 24th	P Chui & Mike	7 -9 am	St Pauls school
	Sat 24th	Perf 12/under	6:00 - 8:00 am	SCAA Training Pool
D1	Sun 25th	at D1	all day	
WEEK 2				
	Mon 26th	All Perf - early am	5:15 - 6:45 am	SCA- Training pool
	Mon 26th	All Perf - evening	1800-2000	St Pauls school
	Tue 27th	All Perf - evening	1900 - 2100	St Pauls school
	Wed 28th	All Perf - evening	1700-1900	St Pauls school
	Thu 29th	All Perf- early am	5:15 - 6:45 am	SCA - Training pool
	Thu 29th	Perf M/C - evening	1900 - 2100	St Pauls school
	Fri 30th	All Perf - evening	1800-2000	St Pauls school
D2 (6.12.)	Sat 31st	All Perf - MORNING	6:00 - 8:00 am	SCA - Training pool
FEB				
	Sun 1ST		NONE	NONE
	Mon 2nd	All Perf - early am	5:15 - 6:45 am	SCA- Training pool
	Mon 2nd	All Perf - evening	1800-2000	St Pauls school
	Tue 3rd	All Perf - evening	7 - 9 pm	St Pauls school
Normal	Wed. 4.2.	no early morning! Moved to Mon. 2.2. @ SCA 5:15 - 6:45 Due to late finish of P. Squad evening session on Tue!		

Event:	Day	Team	Time	Venue
JAN WEEK 1		COMPETITVE		
	Mon 19th	Comp MORNING	5:15 - 6:45 am	SCA - Training pool
	Tue 20th	Comp	1900-2030	SCA - Training pool
	Wed 21st	No early morning	NONE	NONE
	Thu 22nd	Comp MORNING	5:15 - 6:45 am	SCA - Training pool
	Thu 22nd	Comp	1900-2030	SCA - Training pool
	Fri 23rd		NONE	NONE
D1/PM	Sat 24th	Comp MORNING	6:00 - 8:00 am	SCA - Training pool
D1	Sun 25th	Comp MORNING	6:00 - 8:00 am	SCA - Training pool
WEEK 2				
	Mon 26th	Comp MORNING	5:15 - 6:45 am	SCA - Training pool
	Tue 27th	Comp	1900-2030	SCA - Training pool
	Wed 28th		NONE	NONE
	Thu 29th	Comp MORNING	5:15 - 6:45 am	SCA - Training pool
	Thu 29th	Comp	1900-2030	SCA - Training pool
	Fri 30th	Comp MORNING	5:15 - 645am	SCA - Training pool
D2 (6.12.)	Sat 31st	Comp	6:00 - 8:00 am	SCA - Training pool
FEBURARY				
	Sun 1ST	Comp	6:00 - 8:00 am	SCA - Training pool
	Mon 2ND	Comp MORNING	5:15 - 6:45 am	SCA - Training pool
	Tue 3rd	Comp	1900-2030	SCA - Training pool
	Wed 4th	No early morning		
	Thurs 5th	Back to normal	1830-2000	SCAA MAIN POOL

Event:	Day	Team	Time	Venue
JAN WEEK 1		**GOLD SQUAD**		
	Mon 19th	Gold early morning	5:15 - 6:45 am	SCA - Training pool
	Mon 19th	Gold	1900-2030	SCA - Training pool
	Tue 20th	OFF	NONE	NONE
	Wed 21st	Gold	1900-2030	SCA - Training pool
	Thu 22nd	Gold early morning	5:15 - 6:45 am	SCA - Training pool
	Fri 23rd	Gold	1900-2030	SCA - Training pool
D1/PM	Sat 24th	Gold	1800 - 19:45 pm	SCA - Training pool
D1	Sun 25th	Gold	6:00 - 8:00 am	SCA - Training pool
WEEK 2				
	Mon 26th	Gold early morning	5:15 - 6:45 am	SCA - Training pool
	Mon 26th	Gold	1900-2030	SCA - Training pool
	Tue 27th	OFF	NONE	NONE
	Wed 28th	Gold	1900-2030	SCA - Training pool
	Thu 29th	Gold early morning	5:15 - 6:45 am	SCA - Training pool
	Fri 30th	Gold	1900-2030	SCA - Training pool
D2 (6.12.)	Sat 31st	Gold	1800 - 19:45 pm	SCA - Training pool
FEBURARY				
	Sun 1ST	Gold	6:00 - 8:00 am	SCA - Training pool
	Mon 2nd	Gold early morning	5:15 - 6:45 am	SCA - Training pool
	Mon 2nd	Gold	1900-2030	SCA - Training pool
	Tue 3rd	OFF	NONE	NONE
Normal	Wed 4th	NO EARLY MORNING	1805-2000	SCA - main pool

Event:	Day	Team	Time	Venue
JAN WEEK 1		**SILVER SQUAD**		
	Mon 19th	Silver 1	1900-2030	SCA - Training pool
	Tue 20th	Silver 2	1900-2030	SCA - Training pool
	Wed 21st	Silver 1	1900-2030	SCA - Training pool
	Thu 22nd	Silver 2	1900-2030	SCA - Training pool
	Fri 23rd	Silver 1	1900-2030	SCA - Training pool
D1/PM	Sat 24th	Silver2	1800 - 19:30 pm	SCA - Training pool
D1	Sun 25th	Silver 1 & 2	1730- 1900 pm	SCA - Training pool
WEEK 2				
	Mon 26th	Silver 1	1900-2030	SCA - Training pool
	Tue 27th	Silver 2	1900-2030	SCA - Training pool
	Wed 28th	Silver 1	1900-2030	SCA - Training pool
	Thu 29th	Silver 2	1900-2030	SCA - Training pool
D2 (6.12.)	Fri 30th	Silver 1	1900-2030	SCA - Training pool
	Sat 31st	Silver2	1800 - 19:30 pm	SCA - Training pool
FEBURARY				
	Sun 1st	Silver 1 & 2	1730- 1900 pm	SCA - Training pool
	Mon. 2.2	Silver 1	1900-2030	SCA - Training pool
	Tue 3.2.	Silver 2	1900-2030	SCA - Training pool
Normal	Wed. 4.2.	Silver 1	1815-2000	SCA - Training pool

Event:	Day	Team	Time	Venue
JAN WEEK 1		**BRONZE**		
	Mon 19th	Bronze 1	1800-1900	SCA - Training pool
	Tue 20th	Bronze 2	1800-1900	SCA - Training pool
	Wed 21st	Bronze 1	1800-1900	SCA - Training pool
	Thu 22nd	Bronze 2	1800-1900	SCA - Training pool
	Fri 23rd	Bronze 1	1800-1900	SCA - Training pool
D1/PM	Sat 24th	Bronze 2	1700-1800	SCA - Training pool
D1	Sun 25th	Bronze 1 & 2	1730-1900	SCA - Training pool
WEEK 2				
	Mon. 26.1.	Bronze 1	1800-1900	SCA - Training pool
	Tue. 27.1.	Bronze 2	1800-1900	SCA - Training pool
	Wed. 28.1.	Bronze 1	1800-1900	SCA - Training pool
	Thu. 29.1.	Bronze 2	1800-1900	SCA - Training pool
	Fri. 30.1.	Bronze 1	1800-1900	SCA - Training pool
D2 (6.12.)	Sat. 31.1.	Bronze 2	1700-1800	SCA - Training pool
FEBRUARY				
	Sun.1.2	Bronze 1 & 2	1730-1900	SCA - Training pool
	Mon. 2.2	Bronze 1	1800-1900	SCA - Training pool
	Tue 3.2.	Bronze 2	1800-1900	SCA - Training pool
Normal	Wed. 4.2.	Bronze 1	1830-1930	