

## Leichhardt Squad Timetable

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Invitation Only	AM	7.00 – 8.00am Olympic – 2 Lanes		7.00 – 8.00am Olympic – 2 Lanes		7.00 – 8.00am Olympic – 2 Lanes	7.30 – 8.30am Dive Pool
	PM	Activation 3.45-4.00pm 4.00-5.15pm Olympic Pool 1L	Activation 3.45-4.00pm 4.00-5.15pm Olympic Pool 1L	Activation 3.45-4.00pm 4.00-5.15pm Olympic Pool 1L	Activation 3.45-4.00pm 4.00-5.15pm Olympic Pool 1L	Activation 3.45-4.00pm 4.00-5.00pm Olympic Pool 1L	
Silver Invitation only	AM	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation 5.15-5.30am 5.30am-7.00am Olympic pool	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation 5.15-5.30am 5.30am-7.00am Olympic pool	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation: 5.45-6.00 6.00 – 7.30am Dive Pool
	PM	Activation: 3.45-4.00pm 4.00-5.15pm Olympic Pool – 2L  Activation 4.50-5.10pm 5.15-7.00pm Olympic pool 1L	Activation: 3.45-4.00pm 4.00-5.15pm Olympic Pool – 2L  Activation 4.50-5.10pm 5.15-7.00pm Olympic pool 1L	Activation: 3.45-4.00pm 4.00-5.15pm Olympic Pool – 2L  Activation 4.50-5.10pm 5.15-7.00pm Olympic pool 1L	Activation: 3.45-4.00pm 4.00-5.15pm Olympic Pool – 2L  Activation 4.50-5.10pm 5.15-7.00pm Olympic pool 1L	Activation: 3.45-4.00pm 4.00-5.00pm Olympic Pool – 2L  Activation 4.50-5.00pm 5.00-6.00pm Olympic pool 1L	
Gold & Performance Invitation only	AM	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation 5.15-5.30am 5.30am-7.00am Olympic pool	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation 5.15-5.30am 5.30am-7.00am Olympic pool	Activation 5.15-5.30am 5.30am-7.00am Dive pool	Activation: 5.45-6.00 6.00-7.30am Dive Pool
	PM	Dryland 4.40-5.15pm 5.15-7.00pm Olympic pool 1L	5.15-7.00pm Olympic pool 2L	5.15-7.00pm Olympic pool 2L	5.15-7.00pm Olympic pool 2L	5.20-6.15pm Gym	

NB: Silver squad swimmers can attend the 4pm, 75min session or the 5.15pm 105min session. Dryland activation is optional but recommended.