

Ashfield Squad Timetable

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Invitation Only	AM	7.00 – 8.00am		7.00 – 8.00am		7.00 – 8.00am	7.30 – 8.30am Olympic – 2 Lanes
	PM	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm		
Silver Invitation only	AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00 – 7.30 am Dryland by invitation 8.00-9.00am
	PM	Activation 3.45-4.00pm 4.00-5.15pm Dryland 4.40-5.15pm 5.15-7.00pm	Activation 3.45-4.00pm 4.00-5.15pm Activation 4.50-5.10pm 5.15-7.00pm	Activation 3.45-4.00pm 4.00-5.15pm Activation 4.50-5.10pm 5.15-7.00pm	Activation 3.45-4.00pm 4.00-5.15pm Activation 4.50-5.10pm 5.15-7.00pm		
Gold & Performance Invitation only	AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am (Gym 6.00-6.30am)	6.00 – 7.45am Dryland 8.00-9.00am
	PM	Dryland 4.40-5.15pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm	Activation 4.50-5.10pm 5.15-7.00pm		

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