

# Performing National Schedule - Winter 2017



Week	Sessions	Events
8/5/17	2	
15/5/17	2	
22/5/17	3	
29/5/17	3	
5/6/17	4	
12/6/17	4	Uni Exams
19/6/17	5	Uni Exams
26/6/17	6	Club Time trials
3/7/17	6	School Holidays
10/7/17	7	School Holidays
17/7/17	8	UWA West Coast meet
24/7/17	8	
31/7/17	8	Uni begins
7/8/17	8	Club Time trials
14/8/17	8	
21/8/17	8	
28/8/17	8	State Champs
4/9/17	8	Break if not going to State Teams
11/9/17	8	
18/9/17	8	State Teams (AIS)
25/9/17	8	Break if not going to National SC
2/10/17	8	
9/10/17	8	
16/10/17	8	
23/10/17	8	National Short Course (Adelaide)
30/10/17		Break if competed at National SC

Open						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:20 - 8:00	5:30 - 7:30	5:00 - 7:30		5:30 - 7:45	5:30 - 8:30 (HBF)
	Swim/Gym circuit	Swim	Gym/Swim		Gym/Swim	Swim/Med Ball Circuit/Core
PM	3:30-5:00		3:30-5:00		3:45 - 5:45	
	Swim (Core/Prehab 5:00-5:30)		Swim (Core/Prehab 5:00-5:30)		Swim	

Age						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	5:20 - 8:00	5:30 - 7:45		5:30 - 7:45	5:20 - 7:45	6:00 - 9:00 (UWA)
	Gym/Swim	Swim		Swim	Gym/Swim	Run/Core/Swim
PM	4:00 - 7:00	4:00 - 7:00		4:00 - 7:00		
	Core/Swim	Core/Swim		Core/Swim		