

2017 LONGCOURSE SEASON

Day	National Development Squad		Senior State Squad		Junior State Squad		Emerging Squad		Development Squad		
	Time	Location	Time	Location	Time	Location	Time	Location	Time	Location	
Mon	AM	5.45 - 7.30	5.30 - 6.45 Swim	5.30 - 6.45 Swim	CGGS	5.30 - 6.45 Swim	CGGS				
	AM		7.00 - 7.30 dryland	7.00 - 7.30 dryland	CGGS	7.00 - 7.30 dryland	CGGS				
	PM							5.00 - 6.30	CGGS	4.00 - 5.00	CGGS
Tue	AM	5.45 - 7.30	CGGS	5.45 - 7.30	CGGS						
	PM					4.30 - 6.00	CGGS				
Wed	AM							6.15 - 7.45	CGGS		
	PM	5.30 - 6.15 Dryland	Boroondara SC	5.30 - 6.15 Dryland	Boroondara SC	5.00 - 6.30	CGGS	5.00 - 6.30	CGGS	5.00 - 6.00	CGGS
	PM	6.30 - 8.00 Swim	Boroondara SC	6.30 - 8.00 Swim	Boroondara SC						
Thu	AM					5.45 - 7.30	CGGS				
	PM	4.45 - 6.45	CGGS	4.45 - 6.45	CGGS						
Fri	AM	5.45 - 7.30	CGGS	5.45 - 7.30	CGGS						
	PM	6.30 - 8.00	Boroondara SC	6.30 - 8.00	Boroondara SC	6.30 - 8.00	Boroondara SC	6.30 - 7.30	Boroondara SC	4.00 - 5.00	CGGS
Sat	AM										
		7.30 - 9.00	CGGS	7.30 - 9.00	CGGS	7.30 - 9.00	This joint Junior State / Emerging Squad session is for swimmers who cannot attend the Friday session at Boroondara SC.	CGGS			
		7 SWIM SESSIONS - 2 DRYLAND SESSIONS		7 SWIM SESSIONS - 2 DRYLAND SESSIONS		5 SWIM SESSIONS - 1 DRYLAND SESSION		4 SWIM SESSIONS		3 SWIM SESSIONS	