



State Junior Squad Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Swim AM	6:00 - 7:30 (50m pool)	6:00 - 7:30 (50m pool)			6:00 - 7:30 (50m pool)	6:00 - 8:00 (50m pool)
Dryland PM		4:00 - 4:45	4:30 - 4:45	4:30 - 5:15		
Swim PM		4:45 - 6:15 (25m pool)	4:45 - 6:15 (25m pool)	5:15 - 6:45 (50m pool)		