

### Squad Name

National Gold	Date	Time	Venue	Notes
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	5am-6:30am	SAALC	
		3:45pm-5:30pm	Marion Outdoor	Age Qualifiers ONLY, Combined with Maroon
	Saturday 6th April	6:15am-8:15am	SAALC	Combined with Maroon
	Monday 8th April	5am-6:30am	SAALC	Combined with Maroon
		3:45pm-5:30pm	Marion Outdoor	Combined with Maroon
	Tuesday 9th April	5am-6:30am	SAALC	
		3:45pm-5:30pm	Westminster	
	Wednesday 10th April	3:45pm-5:30pm	Marion Outdoor	Combined with Maroon
	Thursday 11th April	5am-6:30am	SAALC	Combined with Maroon
Friday 12th April	3:45pm-5:30pm	Marion Outdoor	Combined with Maroon	
Saturday 13th April	6:15am-8:15am	SAALC	Combined with Maroon	

Squad break, no training, 15-23 April with R & R scheduled for the following week for all who competed in National Age Champs, speak with you coach for further details

National Maroon	Date	Time	Venue	Notes
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	5am-6:30am	SAALC	
		3:45pm-5:30pm	Marion Outdoor	Age Qualifiers ONLY, Combined with Gold
		5:15pm-7pm	Marion Outdoor	Combined with State
	Saturday 6th April	6:15am-8:15am	SAALC	Combined with Gold
	Monday 8th April	5am-6:30am	SAALC	Combined with Gold
		3:45pm-5:30pm	Marion Outdoor	Combined with Gold
	Tuesday 9th April	3:45pm-5:30pm	Marion Outdoor	Combined with State
	Wednesday 10th April	5am-6:30am	SAALC	Combined with State
	Thursday 11th April	5am-6:30am	SAALC	Combined with Gold
3:45pm-5:30pm		Westminster		
Friday 12th April	3:45pm-5:30pm	Marion Outdoor	Combined with Gold	
Saturday 13th April	6:15am-8:15am	SAALC	Combined with Maroon	

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State	Date	Time	Venue	Notes
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	5:15pm-7pm	Marion Outdoor	Combined with Maroon
	Saturday 6th April	5am-6:15am	SAALC	Combined with Development
	Monday 8th April	5am-6:30am	SAALC	
	Tuesday 9th April	3:45pm-5:30pm	Marion Outdoor	Combined with Maroon
	Wednesday 10th April	5am-6:30am	SAALC	Combined with State
		5:15pm-6:30pm	Marion Outdoor	
	Thursday 11th April	3:45pm-5:30pm	Marion Outdoor	
	Friday 12th April	5am-6:30am	SAALC	
	Saturday 13th April	5am-6:15am	SAALC	Combined with Development

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Development	Date	Time	Venue	Notes
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	4:45pm-6pm	Marion Outdoor	
	Saturday 6th April	5am-6:15am	SAALC	Combined with State
	Monday 8th April	5:15pm-7pm	Marion Outdoor	
	Tuesday 9th April	5:15pm-6:30pm	Marion Outdoor	Combined with Mini Fast
	Wednesday 10th April	5am-6:30am	SAALC	
	Thursday 11th April	5:15pm-7pm	Westminster	
	Friday 12th April	5am-6:30am	SAALC	
	Saturday 13th April	5am-6:15am	SAALC	Combined with State

Squad break 15-22 April, no squad fees will be charged for this week as no training will be offered - enjoy your break!

<b>J1</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Notes</b>
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	3:45pm-5pm	Marion Outdoor	
	Saturday 6th April	5am-6:15am	SAALC	
	Monday 8th April	5:15pm-6:30pm	Marion Outdoor	
	Tuesday 9th April	5:15am-6:30am	SAALC	<b>Invitation Only Session</b> Combined with J2
		6:15pm-7:30pm	Marion Outdoor	
	Wednesday 10th April	<b>NO TRAINING</b>		
	Thursday 11th April	5:15pm-6:30pm	Marion Outdoor	Combined with J2
	Friday 12th April	5:15pm-6:30pm	Marion Outdoor	
	Saturday 13th April	5am-6:15am	SAALC	

Squad break 15-22 April, no squad fees will be charged for this week as no training will be offered - enjoy your break!

<b>J2</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Notes</b>
	1st, 2nd, 3rd, 4th April	<b>Normal training</b>		
	Friday 5th April	<b>NO TRAINING</b>		
	Saturday 6th April	6am-7:15am	SAALC	
	Monday 8th April	6:15pm-7:30pm	Marion Outdoor	
	Tuesday 9th April	6:15pm-7:30pm	Marion Outdoor	Combined with J1
	Wednesday 10th April	6:15pm-7:30pm	Marion Outdoor	
	Thursday 11th April	5:15pm-6:30pm	Marion Outdoor	Combined with J1
	Friday 12th April	<b>NO TRAINING</b>		
	Saturday 13th April	6am-7:15am	SAALC	

Squad break 15-22 April, no squad fees will be charged for this week as no training will be offered - enjoy your break!

<b>MINI FAST</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Notes</b>
	2nd and 4th April	<b>Normal training</b>		
	Tuesday 9th April	5:15pm-6:30pm	Marion Outdoor	
	Thursday 11th April	3:45pm-5pm	Marion Outdoor	

Squad break 15-22 April, no squad fees will be charged for this week as no training will be offered - enjoy your break!

<b>FAST</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>	<b>Notes</b>
	1st, 2nd, 4th, 5th April	<b>Normal training</b>		
	Monday 8th April	5am-6:30am	SAALC	
	Tuesday 9th April	5am-6:30am	SAALC	
	Thursday 11th April	5am-6:30am	SAALC	
	Friday 12th April	5am-6:30am	SAALC	