

Elite Swimming: Squads 2016/2017 Season (Current February 2017)

** denotes restriction to club competitive swimmers only*

denotes priority given to active club competitive swimmers

NATIONAL TARGET SQUAD* SENIOR-

	Mon	Tue	Wed	Thu	Fri	Sat
AM	5.00-7.00 (STR)	5.15-7.15 (VU)	5.00-7.00 (STR)	Gym 5.30-6.45 -PV	5.00-7.00 (STR)	6.00-8.00 (PV)
PM	4.30-6.00(STR)		4.30-6.00 (STR)		4.30-6.00(STR)	8.00-9.00am Gym

STATE TARGET SQUAD SENIOR* -

	Mon	Tue	Wed	Thu	Fri	Sat
AM	5.00-7.00 (PV)		5.00-7.00 (PV)		5.00-7.00(PV)	6.00-8.00 (PV)
PM	4.30-6.00(STR)		4.30-6.00(STR)		4.30-6.00(STR)	

STATE DEVELOPMENT SQUAD JUNIOR # - (OPTIONS)

	Mon	Tue	Wed	Thu	Fri	Sat
AM				5.45 -7.15 -(PV)		6.30-8.00 (STR)*
PM	6.15-7.45 (STR)*		6.15-7.45 (STR)*		6.00-7.30 (PV)	
PM	6.30-8.00 (PV)	6.00-7.30 (VU)	6.30-8.00 (PV)	6.00 - 7.30 (VU)	6.00-7.30 (VU)	
			5.30 -7.00 (VU)			

COMPETITION DEVELOPMENT JUNIOR SQUAD (OPTIONS)

	Mon	Tue	Wed	Thu	Fri	Sat
AM						8.00-9.00 (STR) 10.00-11.00 (PV)
PM		6.00-7.00 (PV)		6.00-7.00 (PV)		
PM	5.30-6.30 (VU)	7.00-8.00 (PV)		7.00-8.00 (PV)		
PM	6.30 - 7.30 (VU)	5.00-6.00 (VU)	5.30-6.30 (VU)	5.00 -6.00 (VU)		
PM	7.00-8.00 (BR)		6.30-7.30 (BR)	6.30-7.30 (BR)		
PM		6.00-7.00 (STR)		6.00-7.00 (STR)		
PM		7.00-8.00 (STR)				

Legend: (PV): Elite Pascoe Vale – 8 Attercliffe Ave.. (BR): Elite Brunswick – 27 Colebrook St.. (VU): Victoria University Footscray – Farnsworth Ave. Footscray Park. (STR): Strathmore Secondary College – Pascoe Vale Rd. Strathmore