

Term 1 2024 Timetable Changes

Date	High Performance	Open Performance	Age Performance	National Open	National Youth	Nugent Squad	Age Squad	Development Squad	Junior Squad	Hanson Squad	Smith Squad	Date
Monday, 19 February 2024	5:30-9:00am Swim/Gym MSAC/VIS	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Tintern	4:45-7:00am Nuna	4:45-7:00am Swim/Gym Nuna			5:15-7:00am Tintern				Monday, 19 February 2024
	2:30-5:00pm MSAC	4:15-6:30pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood		6:15-7:30pm Wesley	4:45-6:30pm Wesley		6:00-7:45pm Tintern	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
Tuesday, 20 February 2024	5:30-8:00am VIS	5:45-8:00am Nuna		5:45-8:00am Nuna	4:45-7:00am Tintern	4:45-7:00am Tintern	4:45-7:00am Swim/Gym Nuna		5:45-7:30am Nuna (LP)			Tuesday, 20 February 2024
	2:30-5:00pm MSAC		4:30-7:00pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood			4:45-7:00pm Wesley			7:30-8:30pm Nuna	
Wednesday, 21 February 2024	5:30-9:00am Swim/Gym MSAC/VIS	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Nuna				4:45-7:00am Tintern					Wednesday, 21 February 2024
		4:30-6:45pm Burwood		4:30-6:45pm Tintern	5:30-7:30pm Wesley	6:00-7:45pm Tintern		5:00-7:30pm Gym/Swim Nuna	6:30-8:00pm Burwood	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
Thursday, 22 February 2024				4:45-8:00am Swim/Gym Nuna	4:45-7:00am Nuna	4:45-7:00am Tintern		5:15-7:00am Tintern				Thursday, 22 February 2024
	2:30-5:00pm MSAC	4:15-6:30pm Tintern	4:30-7:00pm Burwood				5:15-7:30pm Wesley		5:30-7:30pm Gym/Swim Nuna	6:15-7:30pm Nuna (LP)	6:30-7:30pm Tintern	
Friday, 23 February 2024	Vic Opens	Vic Opens	Vic Opens	Vic Opens					5:45-7:30am Nuna (50m)			Friday, 23 February 2024
					5:00-7:30pm Swim/Gym Nuna	4:15-6:30pm Tintern	4:15-6:30pm Tintern	4:45-7:00pm Wesley				
Saturday, 24 February 2024	Vic Opens	Vic Opens	Vic Opens	Vic Opens	4:45-7:00am Nuna	4:45-7:00am Swim/Gym Nuna	5:45-8:00am Nuna	5:45-8:00am Wesley	7:45-9:30am Wesley	6:45-8:00am Nuna (50M)		Saturday, 24 February 2024
Sunday, 25 February 2024	Vic Opens	Vic Opens	Vic Opens	Vic Opens	No Training						Sunday, 25 February 2024	
Monday, 26 February 2024	5:30-9:00am Swim/Gym MSAC/VIS	No Training	4:45-7:00am Tintern	No Training	4:45-7:00am Swim/Gym Nuna			5:15-7:00am Tintern				Monday, 26 February 2024
	2:30-5:00pm MSAC	4:15-6:30pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood		6:15-7:30pm Wesley	4:45-6:30pm Wesley		6:00-7:45pm Tintern	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
Tuesday, 27 February 2024	5:30-8:00am VIS	5:45-8:00am Nuna		5:45-8:00am Nuna	4:45-7:00am Tintern	4:45-7:00am Tintern	4:45-7:00am Swim/Gym Nuna		5:45-7:30am Nuna (LP)			Tuesday, 27 February 2024
	2:30-5:00pm MSAC		4:30-7:00pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood			4:45-7:00pm Wesley			7:30-8:30pm Nuna	
Wednesday, 28 February 2024	5:30-9:00am Swim/Gym MSAC/VIS	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Nuna				4:45-7:00am Tintern					Wednesday, 28 February 2024
		4:30-6:45pm Burwood		4:30-6:45pm Tintern	5:30-7:30pm Wesley	6:00-7:45pm Tintern		5:00-7:30pm Gym/Swim Nuna	6:30-8:00pm Burwood	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
Thursday, 29 February 2024				4:45-8:00am Swim/Gym Nuna	4:45-7:00am Nuna	4:45-7:00am Tintern		5:15-7:00am Tintern				Thursday, 29 February 2024
	2:30-5:00pm MSAC	4:15-6:30pm Tintern	4:30-7:00pm Burwood				5:15-7:30pm Wesley		5:30-7:30pm Gym/Swim Nuna	6:15-7:30pm Nuna (LP)	6:30-7:30pm Tintern	
Friday, 1 March 2024	5:30-8:00am Nuna	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Tintern	4:45-7:00am Tintern		4:45-7:00am Swim/Gym Nuna			5:45-7:30am Nuna (LP)			Friday, 1 March 2024
	2:30-5:00pm MSAC	4:15-6:30pm Boroondara		4:15-6:30pm Boroondara	5:00-7:30pm Swim/Gym Nuna		4:15-6:30pm Tintern	4:45-7:00pm Wesley				
Saturday, 2 March 2024	5:30-9:00am Swim/Gym MSAC/VIS	5:30-8:00am Nuna	4:45-8:00am Swim/Gym Nuna	5:30-9:00am Swim/Gym Nuna	4:45-7:00am Tintern	4:45-7:00am Tintern	6:45-9:00am Tintern	5:45-8:00am Wesley	7:45-9:30am Wesley	6:45-8:00am Nuna (LP)		Saturday, 2 March 2024
Sunday, 3 March 2024	No Training											Sunday, 3 March 2024
Monday, 4 March 2024	5:30-9:00am Swim/Gym MSAC/VIS	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Tintern	4:45-7:00am Nuna	4:45-7:00am Swim/Gym Nuna			5:15-7:00am Tintern				Monday, 4 March 2024
	2:30-5:00pm MSAC	4:15-6:30pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood		6:15-7:30pm Wesley	4:45-6:30pm Wesley		6:00-7:45pm Tintern	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
Tuesday, 5 March 2024	5:30-8:00am VIS	5:45-8:00am Nuna		5:45-8:00am Nuna	4:45-7:00am Tintern	4:45-7:00am Tintern	4:45-7:00am Swim/Gym Nuna		5:45-7:30am Nuna (LP)			Tuesday, 5 March 2024
	2:30-5:00pm MSAC		4:30-7:00pm Tintern	5:00-7:30pm Gym/Swim Nuna	4:30-6:45pm Burwood			4:45-7:00pm Wesley			7:30-8:30pm Nuna	
Wednesday, 6 March 2024	5:30-9:00am Swim/Gym MSAC/VIS	4:45-8:00am Swim/Gym Nuna	4:45-7:00am Nuna				4:45-7:00am Tintern					Wednesday, 6 March 2024
		4:30-6:45pm Burwood		4:30-6:45pm Tintern	5:30-7:30pm Wesley	6:00-7:45pm Tintern		5:00-7:30pm Gym/Swim Nuna	6:30-8:00pm Burwood	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	
					4:45-7:00am Nuna	4:45-7:00am Tintern		5:15-7:00am Tintern				

Thursday, 7 March 2024	2:30-5:00pm MSAC	OP and NO on Camp	Tassie State Age Champs	OP and NO on Camp			4:15-6:30pm Tintern		5:30-7:30pm Gym/Swim Nuna	6:15-7:30pm Nuna (LP)	6:30-7:30pm Tintern	Thursday, 7 March 2024							
Friday, 8 March 2024	5:30-8:00am Nuna				4:45-6:00am Nuna (Rachel to combine NY/N/A)	4:45-7:00am Swim/Gym Nuna (Rachel to combine NY/N/A)	4:45-6:00am Nuna (Rachel to combine NY/N/A)		5:45-7:30am (LP) Nuna					Friday, 8 March 2024					
	2:30-5:00pm MSAC								5:15-7:00pm Wesley										
Saturday, 9 March 2024	5:30-9:00am Swim/Gym MSAC/VIS							VIC Metro Champs	VIC Metro Champs	VIC Metro Champs	VIC Metro Champs (for those not qualified to training with Junior)	5:45-8:00am Nuna (50m)	6:15-8:00am Nuna (50m)		Saturday, 9 March 2024				
Sunday, 10 March 2024	No Training				VIC Metro Champs	VIC Metro Champs	VIC Metro Champs	VIC Metro Champs (for those not qualified to training with Junior)	No Training			Sunday, 10 March 2024							
Monday, 11 March 2024	5:30-9:00am	OP and NO on Camp	Tassie State Age Champs	OP and NO on Camp	VIC Metro Champs	VIC Metro Champs	VIC Metro Champs	VIC Metro Champs	No Training (Public Holiday)	No Training (Public Holiday)	No Training (Public Holiday)	Monday, 11 March 2024							
	2:30-5:00pm MSAC							No Training	4:45-7:00am Nuna	No Training		5:45-7:30am Nuna (50m)			Tuesday, 12 March 2024				
Tuesday, 12 March 2024	5:30-8:00am VIS							4:30-6:45pm Burwood			4:45-7:00pm Wesley			7:30-8:30pm Nuna					
	2:30-5:00pm MSAC									4:45-7:00am Tintern						Wednesday, 13 March 2024			
Wednesday, 13 March 2024	5:30-9:00am Swim/Gym MSAC/VIS										4:45-7:00am Tintern								
								4:30-6:45pm Burwood				5:30-7:30pm Wesley	6:00-7:45pm Tintern		5:00-7:30pm Gym/Swim Nuna	6:30-8:00pm Burwood	6:15-7:30pm Nuna (LP)	7:30-8:30pm Nuna	Thursday, 14 March 2024
Thursday, 14 March 2024	NSW Opens							4:45-7:00pm Burwood			5:15-7:30pm Wesley				5:30-7:30pm Gym/Swim Nuna	6:15-7:30pm Nuna (LP)	6:30-7:30pm Tintern	Friday, 15 March 2024	
Friday, 15 March 2024								4:45-7:00am Tintern		4:45-7:00am Swim/Gym Nuna					5:45-7:30am Nuna (50m)				Saturday, 16 March 2024
Saturday, 16 March 2024									5:00-7:30pm Swim/Gym Nuna		4:15-6:30pm Tintern	4:45-7:00pm Wesley							Sunday, 17 March 2024
Sunday, 17 March 2024									4:45-7:00am Tintern	4:45-7:00am Tintern	6:45-9:00am Tintern	5:45-8:00am Wesley	7:45-9:30am Wesley	6:45-8:00am Nuna (50m)					
						No Training													
Monday, 18 March 2024	Normal training timetable											Monday, 18 March 2024							
Tuesday, 19 March 2024	Normal training timetable											Tuesday, 19 March 2024							
Wednesday, 20 March 2024	Normal training timetable											Wednesday, 20 March 2024							
Thursday, 21 March 2024	Normal training timetable											Thursday, 21 March 2024							
Friday, 22 March 2024	Normal training timetable											Friday, 22 March 2024							
Saturday, 23 March 2024	5:30-9:00am Swim/Gym MSAC/VIS	National Swimmers Combined Session National Age Swimmers 4:45-7:00am Swim (AP/NO Gym 7:00-8:00am) National Open Swimmers 5:30-8:00am Swim (NO Gym 8:00-9:00am) Swimmers to train with NY			4:45-6:30am Tintern (National Athletes go to Nuna)	4:45-6:30am Tintern (National Athletes go to Nuna)	6:15-8:00am Tintern (National Athletes go to Nuna)	5:45-7:30am Wesley	6:45-8:00am Wesley	6:45-8:00am Nuna (LP)		Saturday, 23 March 2024							
Sunday, 24 March 2024	No Training											Sunday, 24 March 2024							
Monday, 25 March 2024	Normal Training Timetable											Monday, 25 March 2024							
Tuesday, 26 March 2024	Normal Training Timetable											Tuesday, 26 March 2024							
Wednesday, 27 March 2024	Normal Training Timetable											Wednesday, 27 March 2024							
Thursday, 28 March 2024	Normal Training Timetable											Thursday, 28 March 2024							
Friday, 29 March 2024	Combined Session still TBC											Friday, 29 March 2024							
Saturday, 30 March 2024	Normal training timetable	National Swimmers Combined Session National Age Swimmers 4:45-7:00am Swim (AP/NO Gym 7:00-8:00am) National Open Swimmers 5:30-8:00am Swim (NO Gym 8:00-9:00am) Swimmers in NY, Nugent and Age to train here			No Training School Holidays								Saturday, 30 March 2024						
Sunday, 31 March 2024	No Training											Sunday, 31 March 2024							