

National Team – Winter Season, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 24 th 5.30-7.00am 5.30-7.30pm	May 25 th 5.30-7.00am 6.00-7.30pm	May 26 th 4.30-6.30pm	May 27 th 5.30-7.00am 4.30-6.30pm	May 28 th 5.30-7.00am	May 29 th 7.00-9.00am HB Swimmer Dev. session.	May 30 th NAQ AGM
May 31 st 5.30-7.00am 5.30-7.30pm	June 1 st 5.30-7.00am 6.00-7.30pm	June 2 nd 4.30-6.30pm	June 3 rd 5.30-7.00am 4.30-6.30pm	June 4 th 5.30-7.00am	June 5 th Rest	June 6 th Rest
June 7 th Queen's Birthday	June 8 th 6.00-7.30pm	June 9 th 5.30-7.00am 4.30-6.30pm	June 10 th 5.30-7.00am 4.30-6.30pm	June 11 th 5.30-7.00am	June 12 th 7.00-9.00am NAQ Club Champs	June 13 th NAQ Club Champs
June 14 th 5.30-7.00am 5.30-7.30pm	June 15 th 5.30-7.00am 6.00-7.30pm	June 16 th 4.30-6.30pm	June 17 th 5.30-7.00am 4.30-6.30pm	June 18 th 5.30-7.00am	June 19 th 7.00-9.00am HB Swimmer Dev. session	June 20 th Rest
June 21 st 5.30-7.00am 5.30-7.30pm	June 22 nd 5.30-7.00am 6.00-7.30pm	June 23 rd 4.30-6.30pm	June 24 th 5.30-7.00am 4.30-6.30pm	June 25 th 5.30-7.00am	June 26 th 7.00-9.00am	June 27 th 6 Regions Meet
June 28 th 5.30-7.00am 5.30-7.30pm	June 29 th 5.30-7.00am 6.00-7.30pm	June 30 th 4.30-6.30pm	July 1 st 5.30-7.00am 4.30-6.30pm	July 2 nd 5.30-7.00am	July 3 rd 7.00-9.00am Sundevils Winter Meet	July 4 th Sundevils Winter Meet
July 5 th 5.00-7.00pm	July 6 th 5.30-7.30am 4.00-6.00pm	July 7 th 5.00-7.00pm	July 8 th 5.30-7.30am 4.00-6.00pm	July 9 th 5.30-7.30am 4.00-6.00pm	July 10 th 7.00-9.00am	July 11 th Rest
July 12 th 5.30-7.30am 5.00-7.00pm	July 13 th 5.30-7.30am 4.00-6.00pm	July 14 th 5.00-7.00pm	July 15 th 5.30-7.30am 4.00-6.00pm	July 16 th 5.30-7.30am 5.00-7.00pm	July 17 th 7.00-9.00am HB Swimmer Dev. session.	July 18 th Rest
July 19 th 5.30-7.00am 5.30-7.30pm	July 20 th 5.30-7.00am 6.00-7.30pm	July 21 st 4.30-6.30pm	July 22 nd 5.30-7.00am 4.00-6.00pm	July 23 rd 5.30-7.00am	July 24 th 7.00-9.00am	July 25 th NAQ Prizegiving
July 26 th 5.30-7.00am 5.30-7.30pm	July 27 th 5.30-7.00am 6.00-7.30pm	July 28 th 4.30-6.30pm	July 29 th 5.30-7.00am 4.30-6.30pm	July 30 th 5.30-7.00am	July 31 st 7.00-9.00am	Aug 1 st Rest
Aug 2 nd 5.30-7.00am 5.30-7.30pm	Aug 3 rd 5.30-7.00am 6.00-7.30pm	Aug 4 th 4.30-6.30pm	Aug 5 th 5.30-7.00am 4.30-6.30pm	Aug 6 th HBPB Winter Champs	Aug 7 th HBPB Winter Champs	Aug 8 th HBPB Winter Champs
Aug 9 th 5.30-7.30pm	Aug 10 th 5.30-7.00am 6.00-7.30pm	Aug 11 th 4.30-6.30pm	Aug 12 th 5.30-7.00am 4.30-6.30pm	Aug 13 th 5.30-7.00am	Aug 14 th 7.00-9.00am	Aug 15 th Rest
Aug 16 th 5.30-7.00am 5.30-7.30pm	Aug 17 th 5.30-7.00am 6.00-7.30pm	Aug 18 th 4.30-6.30pm	Aug 19 th 5.30-7.00am 4.30-6.30pm	Aug 20 th 5.30-7.00am BOP Winter Champs	Aug 21 st BOP Winter Champs	Aug 22 nd BOP Winter Champs
Aug 23 rd 5.30-7.30pm	Aug 24 th 5.30-7.00am 6.00-7.30pm	Aug 25 th 4.30-6.30pm	Aug 26 th 5.30-7.00am 4.30-6.30pm	Aug 27 th 5.30-7.00am	Aug 28 th 7.00-9.00am	Aug 29 th Rest
Aug 30 th 5.30-7.00am 5.30-7.30pm	Aug 31 st 5.30-7.00am 6.00-7.30pm	Sept 1 st 4.30-6.00pm	Sept 2 nd 5.30-7.00am 4.30-6.30pm	Sept 3 rd 5.30-7.00am	Sept 4 th 4 Regions Grand Prix	Sept 5 th 4 Regions Grand Prix
Sept 6 th 5.30-7.30pm	Sept 7 th 5.30-7.00am 6.00-7.30pm	Sept 8 th 4.30-6.30pm	Sept 9 th 5.30-7.00am 4.30-6.30pm	Sept 10 th 5.30-7.00am	Sept 11 th East Coast Champs	Sept 12 th East Coast Champs
Sept 13 th 5.30-7.30pm	Sept 14 th 5.30-7.00am 6.00-7.30pm	Sept 15 th 4.30-6.30pm	Sept 16 th 4.30-6.30pm	Sept 17 th 5.30-7.00am	Sept 18 th 7.00-9.00am	Sept 19 th Rest
Sept 20 th 5.30-7.30pm	Sept 21 st 6.00-7.30pm	Sept 22 nd 4.30-6.30pm	Sept 23 rd 4.30-6.30pm	Sept 24 th Travel to Chch	Sept 25 th Warm up in Chch	Sept 26 th NZ SC Age Groups
Sept 27 th NZ SC Age Groups	Sept 28 th NZ SC Age Groups	Sept 29 th NZ SC Age Groups	Sept 30 th NZ SC Age Groups	Oct 1 st Travel to Napier	Oct 2 nd Rest	Oct 3 rd Rest