

Monday					
25m					
19:00-21:00	L1	L2	L3	L4	20m
	Performance +	Performance +	Performance +	Performance +	
	Performance +	Performance +	Performance +	Performance +	
	Masters	Performance +			
20:00-21:00	Performance				4 Lanes
19:00-20:00	Junior P				4 Lanes

Tuesday					
25m					
19:00-21:00	L1	L2	L3	L4	20m
	Performance +	Performance +	Performance +	Performance +	
	Performance +	Performance +	Performance +	Performance +	
	Performance +	Performance +	Performance +	Performance +	
20:00-21:00	Performance				4 Lanes
19:00-20:00	Competitive				3 Lanes
19:00-20:00	Junior P				3 Lanes

Thursday					
25m					
17:00-19:00	L1	L2	L3	L4	20m
	Perf +	Perf +	Perf +		
	Perf +	Perf +	Perf +		
	Perf +	Perf +	Perf +		
19:00-21:00	Performance				4 Lanes
19:00-21:00	Performance				4 Lanes
19:00-21:00	Performance				4 Lanes
19:00-21:00	Masters				4 Lanes
19:00-20:00	Competitive				3 Lanes
19:00-20:00	Junior P				3 Lanes

Friday (LC)					
25m					
19:30-20:30	L1	L2	L3	L4	20m
	Performance	Performance	Performance	Performance	
	Performance	Performance	Performance	Performance	
	Junior P	Junior P	Junior P	Junior P	
19:00-20:00	Academy +				4 Lanes

Saturday (LC)					
50m					
7:30-9:00AM	L1	L2	L3	L4	L5
	Performance +	Performance +	Performance	Performance	Performance
	Performance +	Performance +	Performance	Performance	Performance
	Performance +	Performance +	Performance	Performance	Performance
	Performance +	Performance +	Performance	Performance	Performance
Rushden SC					

Sunday (LC)									
50m									
17:30-19:30	L1	L2	L3	L4	L5	L6	L7	L8	20m
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
	Performance +	Performance +	Performance	Performance	Land Train		Competitive	Drills & Skills	
18:30-19:30	Academy +								4 Lanes
17:30-18:30	Academy								4 Lanes

Squad Stats	Hrs	Squad No
Performance +	11.5	24
Performance	8.5	28
Junior Performance	4.5	28

Squad Stats	Hrs	Squad No
Competitive	3	10
Masters	3	12

Squad Stats	Hrs	Squad No
Academy	2	32
Academy +	2	32