

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	19:00-20:00	Junior P 4 Lanes			
		Performance 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	19:00-20:00	Junior P 3 Lanes			
		Performance 4 Lanes			

Thursday					
25m					
19:00-21:00	L1	L2	L3	L4	20m
	Performance	Performance	Performance	Performance	
	Performance	Performance	Performance	Performance	
	Masters	Competitive			
20:00-21:00	19:00-20:00	Academy 4 Lanes			
		Performance 4 Lanes			

Friday (LC)					
20m					
20:30-21:30	L1	L2	L3	L4	19:00-20:00
	Competitive	Performance	Performance	Performance	
	Masters	Performance	Junior P	Junior P	
	Rushden	Performance	Junior P	Junior P	
19:30-20:30	17:00-19:00	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	Rushden SC

Sunday (LC)									
50m									
17:30-19:30	L1	L2	L3	L4	L5	L6	L7	L8	20m
	Performance +	Performance +	Performance	Performance	Performance	Performance	Performance	Performance	
	Performance +	Performance +	Performance	Performance	Performance	Performance	Performance	Performance	
	Performance	Performance	Performance	Performance	Performance	Performance	Performance	Performance	
	Performance	Performance	Performance	Performance	Performance	Performance	Performance	Performance	
	Junior Performance	Junior Performance	Junior Performance	Junior Performance	Junior Performance	Junior Performance	Junior Performance	Junior Performance	
	Masters	Competitive	Competitive	Competitive	Competitive	Competitive	Competitive	Competitive	
	Drills & Skills	Drills & Skills	Drills & Skills	Drills & Skills	Drills & Skills	Drills & Skills	Drills & Skills	Drills & Skills	
18:30-19:30	17:30-18:30	Academy 4 Lanes							
		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	4	10
Masters	4	12

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