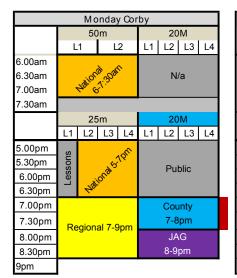
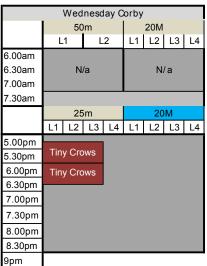
Corby Training Schedule





Friday Corby								
		251	m			20N	1	
	L1	L2	L3	L4	L1	L2	L3	L4
6.00am								
6.30am		N/	а			1	V/a	
7.00am								
7.30am								
		25m				2	:OM	
	L1	L2	L3	L4	L1	L2	L3	L4
5.00pm	S							
5.30pm	essons		ional 15	e e	Public			
6.00pm	es	74	in River	•				
6.30pm		· ·						
7.00pm		50m			AGE			
7.30pm	P	Regional County			7-8pm			
8.00pm		30-9pm		0-9pm	JAG		AG	
8.30pm		7.50-5pm			7-8pm			
9pm						·		

Saturday Corby								
		25m						
	L1	L2	L3	L4	L5	L6	L7	L8
7.30am	3 6				,	<u> </u>	9	2
8.00am	National Jackson			A COSO			282	
8.30am				&® <		Ö	P Le	
9.00am	Public							
9.30am	Public							
10.00am	Public							

Tuesday Corby								
		25	im		20M			
	L1	L2	L3	L4	L1	L2	L3	L4
5.00pm	0		JAG					
5.30pm	essons-	5-6pm Regional 6.00-8.00p			Public Bronze			
6.00pm	-es							
6.30pm								
7.00pm								
7.30pm						7-8	3pm	
8.00pm		County 8-9pm				ΑC	SE.	
8.30pm						8-9	pm	
9pm								

Thursday Corby									
		25	im		20M				
	L	L2	L3	L4	L1	L2	L3	L4	
5.00pm	9		AGE			Public			
5.30pm	essons-	5-6pm							
6.00pm	-es	Regional 6.00-8.00p			Bronze				
6.30pm									
7.00pm									
7.30pm						7-8	3pm		
8.00pm		County			Р	ublic	Ladie	es	
8.30pm		8-9pm				Sw	/im		
9pm									

Su	Summary						
Po	oltime						
National	13 Hours						
Regional	11 Hours						
County	6.5 Hours						
AGE	4 Hours						
JAG	3 Hours						
Academy Bronze	2 Hours						
Tiny Crows	45 Minutes						
-							

Sunday Corby									
	50m								
	L1	L2	L3	L4	L5	L6	L7	L8	
5.30pm	Regional 5.30- 7.30pm								
6.30pm			١	Nation	al	County 5.30			
7.00pm			5.3	80-7.3	0pm	7	m		
7.30pm									
	20m								
5.30pm	JA		(G						
6.30pm	5.30-6		.30pm						
6.30pm		AC	3E						
7.30pm	6.30-7		.30pr	n					

Т	Tuesday Uppingham						
	25m						
	Whole pool						
5.30pm							
6.00pm	National						
6.30pm	5:30-7:30pm						
7.00pm							
7.30pm							

Thursday Uppingham							
	25m						
	Whole pool						
5.30pm							
6.00pm	National						
6.30pm	5:30-7:30pm						
7.00pm							
7.30pm							