

5th Aug 2017 9th Sept 2017 14 Oct 2017 11 Nov 2017 26&27 Jan 2018 9&10 Feb 2018

1	2	3	4	5	6
Saturday	Saturday	Saturday	Saturday	Friday	Friday
400Fr 50Ba 50Br 100Fly 200Ba 50 Fr 4x100Med	200Br 100Ba 50 Fr 50Fly 400IM 50Br 200Fr	400Fr 50Ba 50Br 100Fly 200Ba 50 Fr 4x100Med	200Br 100Ba 50 Fr 50Fly 400IM 50Br 200Fr	200Fly 400Fr 200IM 100Br 200Ba 50 Fr	200 Fr 400IM 50Fly 50Ba 200Br 50 Fr
Tea Break	4x100Fr	Tea Break	4x100Fr	Saturday	Saturday
200Fly 100Br 100Ba 50Fly 100Fr 200IM 4x50Fr	Tea Break 800Fr 1500Fr 100Br 100Fly 50Ba 100 Fr 4x50Med	200Fly 100Br 100Ba 50Fly 100Fr 200IM 4x50Fr	Tea Break 800Fr 1500Fr 100Br 100Fly 50Ba 100 Fr 4x50Med	800Fr 1500Fr 100Fly 200Br 50Ba 100Fr	800Fr 1500Fr 200Ba 100Fly 50Br
				Tea Break	Tea Break
				50Br 100Ba 50Fly 400IM 50 Fr	200IM 100 Fr 200Fly 100Ba 100Br 400 FR