

Armadale Masters Swimming Club Club Calendar NOVEMBER 2020



DATE	DAY	ACTIVITY / EVENT	Coach Organiser	Venue
1 st	Sunday	Endurance Swims (8.30am - 10.30am)	Natalie	Armadale
3 rd	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	Armadale
5 th	Thursday	Squad Training (6.30pm-7.30pm)	Peter	Armadale
7 th	Saturday	Club Championships 8.30am warm up – 1 st race 9.00am 100m/100m different strokes Bring a plate morning tea	Colin	Armadale
8 th	Sunday	Lake Leschenaultia Masters OWS Distances: 400m, 800m, 1600m, 3200m	Self	Lake Leschenaultia
10 th	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	Armadale
12 th	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims (6.30pm-7.30pm)	Derek Natalie	Armadale
14 th	Saturday	Squad Training (9.00am-10.00am)	Colin	Armadale
15 th	Sunday	Fremantle LLCC – Long course	Colin	Fremantle
15 th	Sunday	Bunnings Sausage Sizzle	Colin	Armadale
17 th	Tuesday	Squad Training (6.30pm-7.30pm)	Fettes	Armadale
19 th	Thursday	Squad Training (6.30pm-7.30pm)	Heather	Armadale
21 st	Saturday	Squad Training (9.00am-10.00am)	Fettes	Armadale
24 th	Tuesday	Squad Training (6.30pm-7.30pm)	Colin	Armadale
26 th	Thursday	Squad Training (6.30pm-7.30pm)	Charles	Armadale
28 th	Saturday	Squad Training (9.00am-10.00am)	Tim	Armadale
30 th	Thursday	Squad Training (6.30pm-7.30pm)	Colin	Armadale

