

# Armadale Masters Swimming Club

## Club Calendar SEPTEMBER 2022



DATE	DAY	ACTIVITY / EVENT	Venue/pools	Coach/organiser
1 <sup>ST</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Heather/Charles
3 <sup>rd</sup>	Saturday	Club Championships 8.30am warm up 9.00am start 100m, 50m and 25m choice Bring a plate morning tea	25m pool	Colin
5 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
6 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Peter
7 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
8 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Peter
10 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Fettes
12 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
13 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Derek
14 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
15 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm) Endurance Swims	50m pool 25m pool	Hans/Colin
17 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Derek
18 <sup>th</sup>	Sunday	Somerset Masters LiveLighter 1500m	Aqualife Vic Park	Self-register My Swim Results
19 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
20 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Derek
21 <sup>st</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
22 <sup>nd</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin
24 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	25m pool (2 lanes) 50m pool (2 lanes)	Fettes
26 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	50m pool	Jeff
27 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Fettes
28 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	50m pool	Jeff
29 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Squad Training (7.00pm-8.00pm)	50m pool 25m pool	Colin

Sunday morning Endurance contact Hans

Mon\Wed morning Endurance contact Charles