

## Armadale Masters Swimming Club Club Calendar OCTOBER 2022



DATE	DAY	ACTIVITY / EVENT	Coach/ Organiser	Venue/ pool
1 <sup>st</sup>	Saturday	Club Championships 8.30am warm up 9.00am start 200m and 50m choice Bring a plate morning tea	Colin	50m pool
3 <sup>rd</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
4 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	50m pool
5 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
6 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Fettes	50m pool
8 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	Fettes	50m pool
10 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
11 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Peter	50m pool
12 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
13 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm) Endurance Swims	Peter/Hans	50m pool
15 <sup>th</sup>	Saturday	Squad Training (9.00am-10.0am)	Colin	50m pool
17 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
18 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Heather\Charles	50m pool
19 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
20 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Heather\Charles	50m pool
21 <sup>st</sup>	Saturday	Squad Training (9.00am-10.00am)	Fettes	50m pool
23 <sup>rd</sup>	Sunday	Stadium Masters ABC Club Challenge Series Meet	HBF Stadium	Self-register My Swim Results
24 <sup>th</sup>	Monday	Squad Training (5.30am-7.00am)	Jeff	50m pool
25 <sup>th</sup>	Tuesday	Squad Training (6.30pm-7.30pm)	Derek	50m pool
26 <sup>th</sup>	Wednesday	Squad Training (5.30am-7.00am)	Jeff	50m pool
27 <sup>th</sup>	Thursday	Squad Training (6.30pm-7.30pm)	Colin	50m pool
29 <sup>th</sup>	Saturday	Squad Training (9.00am-10.00am)	Jeff	50m pool

Sunday morning Endurance contact Hans

Mon\Wed morning Endurance contact Charles