



Trinity Grammar School Swimming Squads



September - October Holiday Swimming Programme

Monday 28th September - Friday 17th October 2009

Holidays	Squad		Monday 28th Sept	Tuesday 29th Sept	Wednesday 30th Sept	Thursday 1st Oct	Friday 2nd Oct	Saturday 3rd Oct	
	AM	Competition	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	6.00am - 8.00am
		CAS Sprint	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	
	PM	Dolphins/ Sharks/ Stingrays	3.45pm - 5.00pm	3.45pm - 5.00pm	No Training	3.45pm - 5.00pm	No Training		
Competition		4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm					
Contact Person: Mr Joe Grant Ph: Office 9581 6076 jgrant@trinity.nsw.edu.au									

Holidays	Squad		Monday 5th Oct	Tuesday 6th Oct	Wednesday 7th Oct	Thursday 8th Oct	Friday 9th Oct	Saturday 10th Oct	
	AM	Competition	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	6.00am - 8.00am
		CAS Sprint	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	
	PM	Dolphins/ Sharks/ Stingrays	3.45pm - 5.00pm	3.45pm - 5.00pm	No Training	3.45pm - 5.00pm	No Training		
Competition		4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm					
Contact Person: Mr Joe Grant Ph: Office 9581 6076 jgrant@trinity.nsw.edu.au									

Holidays	Squad		Monday 12th Oct	Tuesday 13th Oct	Wednesday 14th Oct	Thursday 15th Oct	Friday 16th Oct	Saturday 17th Oct	
	AM	Competition	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	5.15am - 7.15am	6.00am - 8.00am
		CAS Sprint	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	6.45am - 8.00am	
	PM	Dolphins/ Sharks/ Stingrays	3.45pm - 5.00pm	3.45pm - 5.00pm	No Training	3.45pm - 5.00pm	3.45 - 5.00pm	CAS Time Trials TGS Swim Club 5.30 - 7.30pm	
Competition		5.00pm - 7.00pm	5.00pm - 7.00pm	5.00pm - 7.00pm					
Contact Person: Mr Matthew Brown Ph: Office 9581 6164 mbrown@trinity.nsw.edu.au									