

Squad Training Times

Academy 3	Academy 2	Academy 1	CJ3	CJ2	CJ1	CP	P4/PS	P3	P2	P1	P1 (15Yrs+)	Masters
2hrs	2hrs	3hrs	4.5hrs	4.5hrs	6hrs	6hrs	7.5hrs	9hrs	10.5hrs	12hrs	13.5hrs	

Tues EMT				
Hours	Lane 4	Lane 5	Lane 6	
0600-0630	x	x	x	
0630-0700				
0700-0730				
0730-0800				

Tues PM						
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1730-1800			(CP)			
1800-1830			(CP)		Trials	Trials
1830-1900						
1900-1930						
1930-2000						
2000-2030						

Wed EMT			
Hours	Lane 4	Lane 5	Lane 6
0600-0630	x	x	x
0630-0700			
0700-0730			
0730-0800			

Thu EMT			
Hours	Lane 4	Lane 5	Lane 6
0600-0630	x	x	x
0630-0700			
0700-0730			
0730-0800			

Fri EMT			
Hours	Lane 4	Lane 5	Lane 6
0600-0630	x	x	x
0630-0700			
0700-0730			
0730-0800			

Fri PM						
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1730-1800			(CP)			
1800-1830			(CP)			
1830-1900						
1900-1930						
1930-2000						
2000-2030						

Sat EMT						
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
0630-0700	(CP)					
0700-0730	(CP)					
0730-0800	(CP)					

Sun PM						
Hours	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1400-1430			(CP)			
1430-1500			(CP)			
1500-1530						
1530-1600						
1600-1630						
1630-1700						