

ST RITA'S COLLEGE DEVELOPMENT SQUAD

12-17th December 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	NO TRAINING	TERRACE POOL 5:15AM-7:15AM		TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 6:00AM-8:00AM
PM	TERRACE POOL 3:45PM-4:45PM	TERRACE POOL 3:45PM-4:45PM	TERRACE POOL 3:45PM-4:45PM	TERRACE POOL 3:45PM-4:45PM		

2nd-7th January 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		TERRACE POOL 5:15AM-7:15AM		TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 6:00AM-8:00AM
PM	NO TRAINING	CENTENARY POOL 3:45PM-4:45PM	CENTENARY POOL 3:45PM-4:45PM	CENTENARY POOL 3:45PM-4:45PM		

9th-14th January 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	CENTENARY POOL 5:15AM-7:15AM	TERRACE POOL 5:15AM-7:15AM		TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 5:15AM-7:15AM	TERRACE POOL 6:00AM-8:00AM
PM	CENTENARY POOL 3:45PM-4:45PM	CENTENARY POOL 3:45PM-4:45PM	CENTENARY POOL 3:45PM-4:45PM	CENTENARY POOL 3:45PM-4:45PM		

ST RITA'S COLLEGE JUNIOR SQUAD

12-17th December 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 8:00-9:00AM
PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	CENTENARY POOL 3:45-4:45PM	

2nd-7th January 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 8:00-9:00AM
PM	NO TRAINING	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	CENTENARY POOL 3:45-4:45PM	

9th-14th January 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 6:00AM-7:15AM		TERRACE POOL 8:00-9:00AM
PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	TERRACE POOL 3:45-4:45PM	CENTENARY POOL 3:45-4:45PM	