

NATIONAL CHAMPIONSHIPS 2014

	TRAINING	TRAVEL DATE	COMPETITION
National Age Group Training	JULY 14 - JULY 28	JULY 29	JULY 30 - AUGUST 3
National Youth Training	JULY 14 - AUGUST 3	AUGUST 4	AUGUST 5 - AUGUST 10

TRAINING & COMPETITION DETAILS ALL TRAINING @ SSP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 14 0600-0800 POOL LC ALL 1730-1830 LAND NAYS 1900-2100 POOL SC ALL	JULY 15 0600-0800 POOL LC 1730-1830 LAND ALL 1900-2100 POOL LC	JULY 16 ALL 1900-2100 POOL LC	JULY 17 ALL 0600-0800 POOL LC ALL 1730-1830 LAND ALL 1900-2100 POOL LC	JULY 18 ALL 0600-0800 POOL LC ALL 1900-2100 POOL LC	JULY 19 0700-0900 POOL LC 0900-1000 LAND ALL	JULY 20
JULY 21 ALL 0600-0800 POOL LC 1730-1830 LAND NAYS 1900-2100 POOL SC	JULY 22 0600-0800 POOL SC 1730-1830 LAND ALL 1900-2100 POOL LC	JULY 23 1800-2000 POOL SC	JULY 24 0600-0800 POOL LC 1730-1830 LAND ALL 1900-2100 POOL SC	JULY 25 0600-0800 POOL LC 1900-2100 POOL LC	JULY 26 0700-0900 POOL LC 0900-1000 LAND ALL	JULY 27
JULY 28 ALL 0600-0800 POOL LC 1730-1830 LAND NAYS 1900-2100 POOL SC	JULY 29 0600-0800 POOL SC 1730-1830 LAND NAYS 1900-2100 POOL LC AGE GROUP TRAVEL DAY	JULY 30 1800-2000 POOL SC AGE GROUP DAY 1	JULY 31 0600-0800 POOL LC 1730-1830 LAND NAYS 1900-2100 POOL SC AGE GROUP DAY 2	AUGUST 1 0600-0800 POOL LC 1900-2100 POOL LC AGE GROUP DAY 3	AUGUST 2 0700-0900 POOL LC 0900-1000 LAND NAYS AGE GROUP DAY 4	AUGUST 3 AGE GROUP DAY 5

From Monday 4th onwards one Lane @ SSP will be available if required for swimmers competing later in the week.