

## BEACHFIELD POOL TIMETABLE 2018 SHEERNESS POOL

Day	Lane	1	2	3	4	5	6	SMALL POOL	
8.00 pm - 9.30 pm <b>Tuesday</b>		Development Squad C	Development Squad B	Junior County Development Squad	County Squad	County Squad	National/Regional Squad	N/A	
6.30 pm - 7.30 pm <b>Thursday</b>		Red B	Red A	Development Squad B	Junior County Development Squad	County Squad	National/Regional Squad	Green A Green B	
7.30 pm - 8.15 pm <b>Friday</b>		Red B	Red A	Junior County Development Squad	County Squad	County Squad	National/Regional Squad	7.30 pm - 8.30 pm White	7.30 pm - 8.30 pm Yellow
8.15 pm - 9.30 pm <b>Friday</b>		Development Squad C	Development Squad B					N/A	
9.00am - 10.00 am <b>Saturday</b>		Development Squad C	Development Squad B	National/Regional/ County Squads & Selected Swimmers	N/A	N/A	N/A	N/A	
8.00am - 9.00 am <b>Sunday</b>		Red B	Development Squad B	Junior County Development Squad	County Squad	County Squad	National/Regional Squad	Green A Green B	
9.00am - 10.00 am <b>Sunday</b>		Red A	Development Squad C					White	Yellow

Land training 5pm to 6pm on Thursdays for DSB, JCDS, CS and Nat/Reg Squad

## BEACHFIELD POOL TIMETABLE 2018 HARTS HOLIDAY PARK LEYSDOWN POOL

Leysdown Road ME12 4RG

Day	Lane	1	2	3	4	5	6	SMALL POOL
7.00PM - 9.00PM								
<b>WEDNESDAY</b>		<b>County Squad</b>	<b>County Squad</b>	National/Regional Squad	<b>SELECTED SWIMMERS</b>	N/A	N/A	N/A

### WEEKLY POOL TRAINING HOURS

NATIONAL / REGIONAL & COUNTY SQUADS

9HRS 30 MINS + 1 hr land training

JUNIOR COUNTY DEVELOPMENT SQUAD

6HRS 30 MINS + 1 hr land training

DEVELOPMENT SQUAD B

5HRS 45 MINS + 1 hr land training

DEVELOPMENT SQUAD C

4HRS 45 MINS

RED A

2HRS 45 MINS

RED B

2HRS 45 MINS

GREEN

2HRS

YELLOW

1HR

WHITE

1HR