|  |  |  |
| --- | --- | --- |
| **DATE** | **DAY** | **TIME IN WATER** |
| Aug 1 | Wednesday | 17:45 hr |
| Aug 4 | Saturday | 16:30 hr |
| Aug 6 | Monday | 17:45 hr |
| Aug 8 | Wednesday | 17:45 hr |
| Aug 11 | Saturday | NO TRAINING |
| Aug 13 | Monday | NO TRAINING |
| Aug 15 | Wednesday | NO TRAINING |
| Aug 18 | Saturday | NO TRAINING |
| Aug 20 | Monday | NO TRAINING |
| Aug 22 | Wednesday | NO TRAINING |
| Aug 25 | Saturday | NO TRAINING |
| Aug 27 | Monday | 17:45 hr |
| Aug 29 | Wednesday | 17:45 hr |
| Sep 1 | Saturday | 16:30 hr |
| Sep 3 | Monday | 17:45 hr |
| Sep 5 | Wednesday | 17:45 hr |
| Sep 8 | Saturday | 16:30 hr |
| Sep 10 | Monday | 17:45 hr |
| Sep 12 | Wednesday | 17:45 hr |
| Sep 15 | Saturday | 16:30 hr |
| Sep 17 | Monday | 17:45 hr |
| Sep 19 | Wednesday | 17:45 hr |
| Sep 22 | Saturday | 16:30 hr |
| Sep 24 | Monday | 17:45 hr |
| Sep 26 | Wednesday | 17:45 hr |
| Sep 29 | Saturday | 16:30 hr |
| Oct 6 | Saturday | 16:30 hr |
| Oct 13 | Saturday | 16:30 hr |
| Oct 20 | Saturday | 16:30 hr |
| Oct 27 | Saturday | 16:30 hr |
| Nov 3 | Saturday | 16:30 hr |
| Nov 10 | Saturday | 16:30 hr |
| Nov 17 | Saturday | 16:30 hr |
| Nov 24 | Saturday | 16:30 hr |
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