

Kings

Monday		Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Staff
18:00		Gold	Gold	Gold	Gold	Spare Lane	Spare Lane	Ben (LG), Samm, Zenia (LG)
19:00		AGP	AGP	AGP	AGP	Para Swimmers	Spare Lane	Ben (LG), Zenia (LG)
20:00							Spare Lane	
21:00		Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	
Exit at 22:00								

Tuesday								
18:00		Clinic	Clinic	Clinic	AGD	AGD	AGD	Steve, Ben (LG)
19:00		Perf	Perf	Perf	Fast Track	Fast Track	Fast Track	
19:30								
20:00								
21:00		Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	
Exit at 22:00								

Thursday								
18:00		Clinic	Clinic	Gold	Gold	Gold	Gold	Steve, Ben (LG) Samm, Zenia (LG)
19:00		Perf	Perf	Perf	Fast Track	Fast Track	Para Swimmers	Steve, Ben (LG)
20:00								
21:00		Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	Reserved for future use	
Exit at 22:00								

Sunday								
08:00		AGP	AGP	AGP	AGP	AGP	Para Swimmers	Ben (LG), Zenia (LG)
09:00								
10:00		Junior Development	Junior Development	Junior Development	Junior Development	Junior Development	Spare Lane	
11:00							Spare Lane	
Exit at 12:00								