

Macclesfield

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Staff
Monday 19:45-22:00	AGD	AGD	AGD	Fast Track	Fast Track	Perf	Perf	Perf	Steve, Carl
Tuesday	NO SWIMMING								
Wednesday 06:15-07:45	Para Swimmers	Masters	Fast Track (By Invitation)	Fast Track (By Invitation)	Perf	Perf	Perf	Perf	Steve, Ben
Wednesday 19:45-21:15	AGD	AGD	AGD	Fast Track	Fast Track	Perf	Perf	Perf	Steve, Ben, Carl
Thursday	NO SWIMMING								
Friday 06:15-07:45	Para Swimmers	Masters	AGD	Fast Track	Fast Track	Perf	Perf	Perf	Steve, Ben
Friday 19:45-21:15	AGD	AGD	AGD	Fast Track	Fast Track	Perf	Perf	Perf	Steve, Ben
Saturday 07:00-07:45	Silver Academy	Silver Academy	Silver Academy	Silver Academy	Gold Academy	Gold Academy	Gold Academy	Gold Academy	Samm, Zenia Helpers: Izy Green Molly Gilkison Jack Harmer
Saturday 07:45-08:30	Bronze Academy	Bronze Academy	Bronze Academy	Bronze Academy					
Sunday 07:00-08:30 (Para, FT, Perf)	AGD	AGD	AGD	Fast Track	Fast Track	Perf	Perf	Perf	Steve, Carl

Legend	Hours
Para Swimmers	3
Masters/Tri	3
Performance	9.75
Fast Track	8.25
Age Group Development	8.25
Age Group Potential	0
Junior Development	0
Gold Academy	1.5
Silver Academy	0.75
Bronze Academy	0.75