



## MLC Aquatic - 2024 January Holidays Timetable

(Monday 1st - Sunday 28th January inclusive)

		Performance Squad		National Squad		National Target		State Squad		Development		Junior																									
		Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue	Time	Venue																								
<i>Monday, 15 January 2024</i>	<i>AM</i>	<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>						Dryland 7:00-7:30 Swim 7:30-8:30		Dryland 7:00-7:30 Swim 7:30-8:30																									
	<i>PM</i>					Swim 2:00-4:00 Gym 4:00-5:00 (AR1)		MLC		Swim 2:00-4:00 Gym 4:00-5:00 (AR1)		MLC																									
<i>Tuesday, 16 January 2024</i>	<i>AM</i>					<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>		5:30-7:30		MLC		7:00-8:30		MLC																					
	<i>PM</i>													3:00-5:00		MLC				Swim 5:00-6:00 Dryland 6:00-6:30																	
<i>Wednesday, 17 January 2024</i>	<i>AM</i>									<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>		5:30-7:30		MLC		5:30-7:30		MLC																	
	<i>PM</i>																					2:30-4:00		MLC													
<i>Thursday, 18 January 2024</i>	<i>AM</i>													<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>		7:00-8:30		MLC																	
	<i>PM</i>																							4:00-6:00		Dryland 2:00-2:30 Swim 2:30-4:00		MLC									
<i>Friday, 19 January 2024</i>	<i>AM</i>																	<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>						Swim 6:00-8:00 Gym 8:00-9:00 (AR1)		MLC									
	<i>PM</i>																					Swim 2:00-4:00 Gym 4:00-5:00 (AR1)		MLC						4:00-5:30		MLC					
<i>Saturday, 20 January 2024</i>	<i>AM</i>																					<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>		7:30-9:00		MLC		7:30-9:00		MLC					
	<i>PM</i>																																				
<i>Sunday, 21 January 2024</i>	<i>AM</i>																									<b>NATIONAL TEAM TRAINING CAMP</b>		<b>NATIONAL TEAM TRAINING CAMP</b>									
	<i>PM</i>																																				
<i>Monday, 22 January 2024</i>	<i>AM</i>	Gym 5:30-6:30 (AR1) Swim 6:30-8:30		MLC																										Gym 5:30-6:30 (AR1) Swim 6:30-8:30		MLC		Dryland 8:00-8:30 Swim 8:30-9:30		MLC	
	<i>PM</i>																													Swim 2:00-4:00 Gym 4:00-5:00 (AR2)		MLC		2:00-4:00		MLC	
<i>Tuesday, 23 January 2024</i>	<i>AM</i>	5:30-7:30		MLC		5:30-7:30		MLC																						7:30-9:00		MLC					
	<i>PM</i>	2:00-4:00		MLC		2:00-4:00		MLC																								Dryland 3:30-4:00 Swim 4:00-5:00					
<i>Wednesday, 24 January 2024</i>	<i>AM</i>					5:30-7:30		MLC		5:30-7:30		MLC																									
	<i>PM</i>	Gym 5:00-6:00 (AR1) Swim 3:00-5:00		MLC		Gym 5:00-6:00 (AR1) Swim 3:00-5:00		MLC		5:00-6:30		MLC																									
<i>Thursday, 25 January 2024</i>	<i>AM</i>	5:30-7:30		MLC		5:30-7:30		MLC																													
	<i>PM</i>	4:00-6:00		MLC		4:00-6:00		MLC		Swim 2:00-4:00 Gym 4:00-5:00 (AR2)		MLC																									
<i>Friday, 26 January 2024</i>	<i>AM</i>	7:00 - 9:00		MLC		7:00 - 9:00		MLC																													
	<i>PM</i>																																				
<i>Saturday, 27 January 2024</i>	<i>AM</i>	<b>METRO EAST LC PREP MEET</b>		<b>METRO EAST LC PREP MEET</b>		<b>METRO EAST LC PREP MEET</b>		<b>METRO EAST LC PREP MEET</b>		<b>METRO EAST LC PREP MEET</b>		<b>METRO EAST LC PREP MEET</b>																									
	<i>PM</i>																																				
<i>Sunday, 28 January 2024</i>	<i>AM</i>																																				
	<i>PM</i>																																				

The Term 1 2024 training timetables commences from Monday 29th January for all squads.