

Warringah Squad Schedule

Monday	National Age 5 - 7am	JNR Performance 7 - 8 am		JNR Development 4 - 5pm	National Age 5 - 6.30pm
	National Open 5 - 7am	Senior Challenge <i>incl. Stretch: 6.40 - 8am</i>		JNR Challenge 4 - 5pm	National Development <i>incl. dryland: 4.15 - 6.30pm</i>
					Senior Challenge <i>incl. dryland: 4.15 - 6.30pm</i>
				National Open 4 - 5.30pm	

Tuesday	National Age 5 - 7am	JNR Development 7 - 8am		JNR Development 4 - 5pm	National Age <i>incl. dryland: 4 - 6.30pm</i>
	National Development 5 - 7am	JNR Challenge 7 - 8am		JNR Challenge 4 - 5pm	National Open 5 - 6.30pm
	Senior Challenge 5 - 7am	National Open <i>incl. dryland: 7 - 9.30am</i>		JNR Performance <i>incl. dryland: 4 - 5.45pm</i>	Senior Challenge 5.15-6.30pm
					Senior Training 5.15 - 6.30pm

Wednesday	National Age 5 - 7am	JNR Performance 7 - 8am		JNR Development 4 - 5pm	National Development <i>incl. dryland: 4.40 - 6.30pm</i>
	National Open 5 - 7am	Senior Training <i>incl. Stretch: 6.40 - 8am</i>		JNR Challenge 4 - 5pm	Senior Training <i>incl. dryland: 4.40 - 6.30pm</i>
				Junior X-Training 4 - 5pm	Senior Challenge 5 - 6.30pm

Thursday	National Age 5 - 7am	JNR Development 7 - 8am		JNR Development 4 - 5pm	National Age <i>incl. dryland: 4 - 6.30pm</i>
	National Development 5 - 7am	JNR Challenge 7 - 8am		JNR Challenge 4 - 5pm	National Open 5 - 6.30pm
	Senior Challenge 5 - 7am	National Open <i>incl. dryland: 7 - 9.30am</i>		JNR Performance <i>incl. dryland: 4 - 5.45pm</i>	Senior Training 5.15 - 6.30pm
					Senior Challenge 5.15 - 6.30pm

Friday	National Age + Open 5 - 7am	JNR Performance 7 - 8am		JNR Development 4 - 5pm	National Development <i>incl. Stretch: 4.30 - 6.30pm</i>
	National Open 5 - 7am	Senior Training <i>incl. Stretch: 6.40 - 8am</i>		JNR Challenge 4 - 5pm	Senior Training 5 - 6.30pm
				JNR Performance 4 - 5pm	Senior Challenge <i>incl. Stretch: 4.30 - 6.30pm</i>

Saturday	National Age 6.30 - 8am	JNR Development 8 - 9am
	National Open 6.30 - 8am	JNR Challenge 8 - 9am
	National Development 6.30 - 8am	Senior Training 8 - 9am
	Senior Challenge 6.30 - 8am	JNR Performance 8 - 9am