## Warringah Squad Schedule

	National Age	JNR Performance		JNR Development	National Age
	5 - 7am	7 - 8 am		4 - 5pm	5 - 6.30pm
	National Open	Senior Challenge		JNR Challenge	National Development
a)	· •	incl. Stretch: 6.40 - 8am		, and the second	incl. dryland: 4.15 - 6.30pm
ů.	5 - 7am	IIICI. Stretch: 6.40 - 8am		4 - 5pm	
Monday					Senior Challenge
-					<i>incl. dryland:</i> 4.15 - 6.30pm
				National Open	
				4 - 5.30pm	
	National Age	JNR Development		JNR Development	National Age
	5 - 7am	7 - 8am		4 - 5pm	incl. dryland: 4 - 6.30pm
	National Development	JNR Challenge		JNR Challenge	National Open
Ja)	5 - 7am	7 - 8am		4 - 5pm	5 - 6.30pm
SS		National Open		JNR Performance <i>incl.</i>	Senior Challenge
Tuesday	Senior Challenge	· · · · · · · · · · · · · · · · · · ·	20		
┇	5 - 7am	incl. dryland: 7 - 9.	30am	<i>dryland:</i> 4 - 5.45pm	5.15-6.30pm
					Senior Training
					5.15 - 6.30pm
	National Age	JNR Performance		JNR Development	National Development
a)	5 - 7am	7 - 8am		4 - 5pm	<i>Incl. dryland:</i> 4.40 - 6.30pm
SSC	National Open	Senior Training incl.		JNR Challenge	Senior Training
<u>u</u>	5 - 7am	Stretch: 6.40 - 8am		4 - 5pm	incl. dryland: 4.40 - 6.30pm
Wednesday	5 - 7aiii	Streten: 0.40 Ban	1	Junior X-Training	Senior Challenge
≥				_	
ш				4 - 5pm	5 - 6.30pm
_					
	National Age	JNR Development		JNR Development	National Age
	5 - 7am	7 - 8am		4 - 5pm	incl. dryland: 4 - 6.30pm
a a	National Development	JNR Challenge		JNR Challenge	National Open
sd	5 - 7am	7 - 8am		4 - 5pm	5 - 6.30pm
Thursday	Senior Challenge	National Open		JNR Performance incl.	Senior Training
님	5 - 7am	incl. dryland: 7 - 9.	30am	dryland: 4 - 5.45pm	5.15 - 6.30pm
ľ	S yam			,	Senior Challenge
					5.15 - 6.30pm
ш					5.15 - 0.50pm
	National Ass. Ossa	IND Dorfermen	1	JNR Development	National Development
	National Age + Open	JNR Performance			· ·
>	5 - 7am	7 - 8am		4 - 5pm	incl. Stretch: 4.30 - 6.30pm
da	National Open	Senior Training		JNR Challenge	Senior Training
Friday	5 - 7am	incl. Stretch: 6.40 - 8am		4 - 5pm	5 - 6.30pm
-				JNR Performance	Senior Challenge
				4 - 5pm	incl. Stretch: 4.30 - 6.30pm
	National Age	JNR Development	1		
	National Age	JAK Development			

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