

3 Carnegie Swimming Club Normal Timetable

SQUAD (Coach)	MON	TUES	WED	THURS	FRI	SAT	SUN	Total Time (Hrs)
Performance Top & Top1 (Gilbert Kirkwood)	18.00-20.00 Carnegie	18.00-19.30 Caley	18.00-20.30 Caley		18.30-19.30 Caley	0800-1000 Carnegie 17.00-1900 RCP	09.00-11.00 Stirling (1)	13.5
Junior Performance Top2 & Top3 (Dougie Hopkins)	18.00-20.00 Caley	18.00-19.30 Caley	18.00-20.30 Caley		17.00-19.30 Caley	09.00-11.00 Caley	09.00-11.00 Stirling (1)	12.5
Squad E (Brian Lamb)		18.00-20.00 Carnegie		18.00-19.30 Caley	17.00-18.00 Caley	09.00-11.00 Caley	09.00-11.00 Caley	8.5
Squad D (John Szaranek)				18.00-19.30 Caley		12.00-13.30 Inverkeithing	09.00-11.00 Caley	5.0
Squad C (TBD)			18.00-19.00 Cowdenbeath			18.00-19.00 Carnegie	17.00-18.00 Carnegie	3.0
Squad B (Jennifer Johnstone)			18.00-19.00 Cowdenbeath			18.00-19.00 Carnegie		2.0
Squad A (Jennifer Johnstone)			18.05-19.05 Cowdenbeath			17.00-17.30 17.30-18.00 Carnegie		2x0. 5

(1) Stirling training off: 27-Apr, 1-May. 25-May to be confirmed.