



CASC Swim Schedule Effective 30th August 2016

Swim Schedule	PLATINUM	DIAMOND	GOLD	SILVER	PEWTER	BRONZE	PRE SQUAD
Monday	WADDON 7.00PM - 9.00PM	WADDON 7.00PM - 9.00PM	SOUTH NORWOOD 7.00PM - 8.30PM	WHITGIFT 6.00PM - 7.30PM	WHITGIFT 6.00PM - 7.00PM		
Tuesday	WHITGIFT 8.15PM - 9.45PM <i>LAND TRAINING 7.00PM - 8.00PM</i>	WHITGIFT 8.00-9.30PM <i>LAND TRAINING 7.00PM - 8.00PM</i>	WHITGIFT 7.00PM - 8.15PM <i>LAND TRAINING 6.00PM - 7.00PM</i>	ROYAL RUSSELL 7.30PM - 8.30PM		WARLINGHAM 6.30PM - 7.30PM	WHITGIFT 6.00PM - 7.00PM
Wednesday	SOUTH NORWOOD 7.00PM - 9.00PM	SOUTH NORWOOD 7.00PM - 9.00PM	SOUTH NORWOOD 7.00PM - 9.00PM	TRINITY 7.30PM - 8.30PM	WHITGIFT 6.00PM - 7.30PM		
Thursday	WHITGIFT 7.00PM - 9.00PM	WHITGIFT 7.00PM - 8.30PM	WHITGIFT 6.00PM - 7.00PM				
Friday	CRYSTAL PALACE 5.30 - 7.30PM	CRYSTAL PALACE 5.30 - 7.30PM	WHITGIFT 7.00PM - 8.30PM	WARLINGHAM 7.45PM - 8.45PM	WHITGIFT 6.00PM - 7.00PM	WARLINGHAM 6.45PM-7.45PM	
Saturday	WHITGIFT 8-10AM	WHITGIFT 8-10AM	WHITGIFT 11.30AM - 1.00PM	WHITGIFT 11.30AM - 1PM	WHITGIFT 10-11.30AM		
Sunday	CRYSTAL PALACE 9-11am Dates to be advised	CRYSTAL PALACE 9-11am Dates to be advised	CRYSTAL PALACE 9-11am Dates to be advised			WHITGIFT 3.00PM - 4.00PM	WHITGIFT 2.00PM - 3.00PM