GOLD COAST PERFORMANCE CENTRE

# 50M POOL ALLOCATIONS

12 JULY - 18 JULY

## MON/12 JULY

| | 4:30 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | | | | | | | | | | | RACKLEY | TREX | | | POOL CLOSED | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | DEEP WATER EXERCISE | | | DEEP WATER EXERCISE | | | | | | | PNG | | | | |
| LANE 7 | | | | | | | | | | | | | | | | | | |
| LANE 8 | | | | | | | | | | | | | SHARKS AQUATICS | | | | | |

## TUES/13 JULY

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | | | | TREX | | | | | | | RACKLEY HP TRAINING | | | | POOL CLOSED | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | | | DEEP WATER EXERCISE | | | | | | | | | DEEP WATER EXERCISE | | | |
| LANE 7 | | | | | | | | | | | | | SHARKS AQUATICS | | | | | |
| LANE 8 | | | | | | | GCRS | | | | | | | | | | | |

## WED/14 JULY

| | 4:30 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | SHARKS AQUATICS | | | | | | | | | | | RACKLEY | | | POOL CLOSED | |
| LANE 2 | | TREX | | | | | | | | | | | RACKLEY HP TRAINING | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | DEEP WATER EXERCISE | | | DEEP WATER EXERCISE | | | | | | | PNG | | | | |
| LANE 7 | | | | | | | | | | | | | | | TREX | | | |
| LANE 8 | | | | | | | | | | | | | SHARKS AQUATICS | | | | | |

## THUR/15 JULY

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | | | | | | | | | | | RACKLEY HP TRAINING | | | | POOL CLOSED | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | | | DEEP WATER EXERCISE | | | | | | | | | DEEP WATER EXERCISE | | | |
| LANE 7 | | | | | | | | | | | | | SHARKS AQUATICS | | | | | |
| LANE 8 | | | | | | | | | | | | | | | | | | |

## FRI/16 JULY

| | 4:30 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | TREX | | | | | | | | | | | | | POOL CLOSED | | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | DEEP WATER EXERCISE | | | DEEP WATER EXERCISE | | | | | | | | | | | |
| LANE 7 | | | | | | | | | | | | | | | | | | |
| LANE 8 | | | | | | | | | | | | | SHARKS AQUATICS | | | | | |

## SAT/17 JULY

| | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | | | | | TREX | | | | | | | | | | | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | MEMBERS | | | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | | DEEP WATER EXERCISE | | | | | | | | | | | | | |
| LANE 7 | | | | | | | | | | | | | | | | | | |
| LANE 8 | | | | | | | | | | | | | | | | | | |

## SUN/18 JULY

| | 4:30 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 8:30 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| LANE 1 | POOL CLOSED | | | | | | | | | | | | | | | | | |
| LANE 2 | | | | | | | | | | | | | | | | | | |
| LANE 3 | | | | | | | | | | | | | | | | | | |
| LANE 4 | | | | | MEMBERS | | | | | | | | | | | | | |
| LANE 5 | | | | | | | | | | | | | | | | | | |
| LANE 6 | | | | | | | | | | | | | | | | | | |
| LANE 7 | | | | | | | | | | | | | | | | | | |
| LANE 8 | | | | | | PNG | | | | | | | | | | | | |