GOLD COAST PERFORMANCE CENTRE

50M POOL ALLOCATIONS

*** Pool allocations are subject to change**

29 APR - 5 MAY

MON/29 APRIL

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

TUES/30 APRIL

	4:30–5	5–6	6–7	7–8	8–9	9–10	10–11	11–12	12–1	1–2	2–3	3–4	4–5	5–6	6–7	7–8	8–8:30
LANE 1	POOL CLOSED	SHARKS AQUATICS				TREX	AUS TRI						SHARKS AQUATICS				POOL CLOSED
LANE 2																	
LANE 3						HPSA											
LANE 4		MEMBERS												MEMBERS			
LANE 5						DEEP WATER EXERCISE											
LANE 6							MEMBERS							DEEP WATER EXERCISE			
LANE 7																	
LANE 8															OCEAN		

WED/1 MAY

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

THUR/2 MAY

	4:30–5	5–6	6–7	7–8	8–9	9–10	10–11	11–12	12–1	1–2	2–3	3–4	4–5	5–6	6–7	7–8	8–8:30
LANE 1	POOL CLOSED	SHARKS AQUATICS			AUS TRI								SHARKS AQUATICS				POOL CLOSED
LANE 2																	
LANE 3																	
LANE 4		MEMBERS			MEMBERS									MEMBERS			
LANE 5					DEEP WATER EXERCISE												
LANE 6														DEEP WATER EXERCISE			
LANE 7																	
LANE 8															OCEAN		

FRI/3 MAY

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

OCEANIA SSP TRIATHLON

SAT/4 MAY

	4:30–5	5–6	6–7	7–8	8–9	9–10	10–11	11–12	12–1	1–2	2–3	3–4	4–5	5–6	6–7	7–8	8–8:30
LANE 1	POOL CLOSED		SHARKS AQUATICS							OCEAN SENSE							POOL CLOSED
LANE 2																	
LANE 3			MEMBERS														
LANE 4																	
LANE 5				DEEP WATER EXERCISE													
LANE 6																	
LANE 7					AUS TRI							MORETON BAY					
LANE 8																	

SUN/5 MAY

	4:30–5	5–6	6–7	7–8	8–9	9–10	10–11	11–12	12–1	1–2	2–3	3–4	4–5	5–6	6–7	7–8	8–8:30
LANE 1	POOL CLOSED				RACKLEY												POOL CLOSED
LANE 2																	
LANE 3																	
LANE 4			MEMBERS														
LANE 5																	
LANE 6																	
LANE 7																	
LANE 8																	