



2019 SENIOR SQUAD TIMETABLE (DRAFT)

JUNIOR MEN/WOMEN & SENIOR MEN/WOMEN

MONDAY	WEDNESDAY	SATURDAY	SUNDAY
		4th May 11am - 1pm 3pm - 5pm	5th May 9am - 11am 1.30pm - 3.30pm
6th May No Training	8th May No Training	11th May 1pm - 3pm Combined M&W	
13th May Men - 7pm - 9pm Women - 7pm-9pm	15th May No Training	18th May 1pm - 3pm Combined M&W	
20th May Men - 7pm - 9pm Women - 7pm-9pm	22nd May No Training	25th May 1pm - 3pm Combined M&W	
27th May Men - 7pm - 9pm Women - 7pm-9pm	29th May No Training	1st June 1pm - 3pm Combined M&W	
3rd June Men - 7pm - 9pm Women - 7pm-9pm	5th June No Training	2019 NATIONALS Friday 7 th June, Saturday 8 th June, Sunday 9 th June, Monday 10 th June	

Selection Criteria:

- Country athletes defined by the Central Coast and Illawarra Regions must attend Saturday sessions. Separate arrangements will be made for athletes residing outside these areas.
- Athletes must attend at least 2 selection tournaments, with the NSW State Titles being compulsory.
- Athletes must attend 75% available weekly training sessions post NSW State Training Camp.
- Combined Medical and Athletes Agreements will be developed for 2019

Proposed cut off date for nominations and uniform orders 24th April 2019.