

## Cronulla SLSC Training Timetable – October 14th - December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Swim</b>	Pool	Pool		Pool	Pool	Pool	Off or 11am <b>Sunday races</b>
<b>Board</b>	5pm <b>Cronulla Beach</b>		<b>4.30 Cronulla Beach</b>		4.30pm <b>Cronulla Beach- skills</b>	9am Cronulla, Beach with Irons	11.15am club races
<b>Ski</b>		5pm <b>Bay shed</b>		5pm <b>Cronulla Beach</b>	4.30pm <b>Cronulla Beach -skills</b>	9am Cronulla Beach with Irons	8am Bay – Development 10.30am Island race
<b>Iron man</b>						9am Cronulla Beach	
<b>Beachies</b>	5.30pm <b>Sylvania Track</b>	<b>6.30pm Tonkin Oval Tempo - all</b>	<b>6am Beach Flags Cronulla Beach</b>	5.30pm <b>Cronulla Beach</b>		<b>Sandhills Times change</b>	
<b>Weights</b>			<b>5.30-6.30pm Beachies 6.30-7.30pm</b>				

**Water  
Competitors**