



# Sussex County Champions 2017, 2018, 2019, 2020



Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 1	AM	06:00 - 07:30 TRI	06:00 - 07:30 TRI		06:00 - 07:30 TRI	06:00 - 07:30 TRI	06:15 - 08:00 TRI	
	PM	18:00 - 20:00 TRI	19:15 - 21:15 TRI		18:00 - 20:00 TRI	18:00 - 20:00 TRI		
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 2	AM	06:00 - 07:30 TRI	06:00 - 07:30 TRI			06:00 - 07:30 TRI	06:15 - 08:00 TRI	
	PM	18:00 - 19:15 TRI	*By invite only: 19:15 - 21:15 TRI	19:00 - 20:15 TRI	18:00 - 19:30 TRI	18:00 - 19:30 TRI		
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 1	AM	06:00 - 07:30 TRI			06:00 - 07:30 TRI		06:15 - 08:00 TRI	
	PM	20:15 - 21:15 TRI	19:15 - 21:15 TRI		20:00 - 21:00 DOL	19:30 - 21:00 TRI		18:30 - 20:00 TRI
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 2	AM						06:15 - 08:00 TRI	
	PM		19:15 - 21:15 TRI		19:30 - 21:00 TRI	20:00 - 21:00 TRI		17:30 - 18:30 TRI
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 3	AM						08:00 - 09:00 TRI	
	PM	19:15 - 20:15 TRI			19:00 - 20:30 HUR	18:45 - 20:15 HUR		17:30 - 19:00 TRI
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Competitive 1	AM						08:00 - 09:00 TRI	
	PM	18:45 - 20:15 HUR		19:00 - 20:00 TRI				16:30 - 17:30 TRI
	LAND							
Pre Competitive 2	AM						09:00 - 10:00 TRI	
	PM							16:30 - 17:30 TRI
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Development squads (1 - 2 - 3)	AM							
	PM	19:30 - 20:30 DOL				18:30 - 19:30 DOL	17:00 - 18:00 TRI	19:00 - 20:00 TRI
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters	AM			06:15 - 07:15 DOL		06:15 - 07:15 DOL	06:15 - 07:10 DOL 07:10 - 08:05 DOL 08:05 - 09:00 DOL	
	PM	20:30 - 21:30 DOL	12:30 - 13:30 TRI	20:15 - 21:30 TRI	12:30 - 13:30 TRI 20:00 - 21:30 DOL			
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Polo	AM							
	PM			20:30 - 21:30 DOL				18:00 - 19:00 Jun DOL 19:00 - 20:00 Sen DOL
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Para / disability	AM						09:00 - 09:45 DOL	
	PM			18:00 - 19:00 TRI				
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Academy	AM						09:00 - 11:00 TRI	
	PM	18:30 - 19:30 DOL			18:30 - 20:00 DOL			
	LAND							

T21A first issue 27-Aug-2021 - effective from 13-Sep-2021