



# Sussex County Champions 2017-2022



Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 1- (CW)	AM	06:00- 07:30- Tri	06:00- 07:30- Tri		06:00- 07:30- Tri	06:00- 07:30- Tri	06:00- 08:00- Tri	
	PM	18:00-20:00 - Tri	19:15- 21:15- Tri		18:00-20:00- Tri	19:00-20:00 (20:00-21:00)- Tri		
	LAND			20:00-21:00				
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 2 (RB)	AM	06:00-07:30- Tri			06:00-07:30- Tri	06:00-07:30- Tri	06:00-08:00- Tri	
	PM	18:00-20:00- Tri	19:15- 21:15- Tri		18:00- 20:00- Tri	19:00-20:00		
	LAND			18:00-19:00				
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Performance 3 (EP)	AM				06:00-07:30- Tri		06:00-08:00- Tri	
	PM	18:00-19:00-Tri	19:15- 21:15- Tri		18:00- 20:00- Tri			
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 1 (EP)	AM	06:00-07:30- Tri				06:00-07:30- Tri	06:00-08:00- Tri	
	PM	20:00-21:00- Tri	19:15- 21:15- Tri		19:30-21:00- Tri	19:00-20:00- Tri		17:30-19:00- Tri
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 2 (RB)	AM		06:00-07:30- Tri			06:00-07:30	06:00-08:00- Tri	
	PM	20:00-21:00- Tri			20:00-21:00- Tri			17:30-19:00- Tri
	LAND			18:00-19:00				
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Competitive 3 (EP)	AM		06:00-07:30				06:00-08:00- Tri	
	PM	19:00-20:00-Tri				18:00-19:00- Tri		17:30-19:00- Tri
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Competitive 1 (JV)	AM						08:00-09:00- Tri	
	PM			19:00-20:00- Tri		19:00-20:00- Tri		16:30-17:30- Tri
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre Competitive 2 (EP)	AM						08:00-09:00- Tri	
	PM			19:00-20:00- Tri				16:30-17:30- Tri
	LAND							
Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Development squads (1 - 2 - 3) (SM)	AM							
	PM	19:30-20:30- Dol			20:00-21:00- Dol	20:00-21:00- Tri	08:00-09:00- 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- 4 lanes	12:30 - 13:30- Tri	20:00 - 21:15- Tri	12:30 - 13:30- Tri	20:00 - 21:00- Tri		
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Polo	AM							
	PM	20:30-21:30- Dol (Fitness)						19:15-20:15-Jun Tri
	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		19:00-20:00 Tri (comp)		16:30 - 17:30 Tri (comp)
	LAND							

Squad	AM/PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Academy	AM						09:00 - 11:15 Tri	
	PM	18:30 - 19:30 Dol			18:30 - 20:00 Dol	18:00-19:00- Tri		
	LAND							

TT22(A) first issue 31st August- - effective from 5th September 2022

TT23 - updated Masters session Frid) - effective 1st July 2023

TT 24- updated 27/8/- effective 1st September 2024- added new squad P3 and an increase in P2 hrs. Couple of training changes to add Land training all on a Wednesday evening.