


YARRA MULTISPORT

Squad Timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00am	SWIM SQUAD Paul Richmond	SWIM SQUAD Michael Richmond	SWIM SQUAD Michael Richmond	SWIM SQUAD Michael Richmond	OPEN WATER SWIM Paul/Michael Sandridge	
6.00am	SWIM SQUAD Jeffery Fitzroy	BRICK Liz Fitzroy	SWIM SQUAD Jeffery Fitzroy	ERGO Liz Fitzroy	SWIM SQUAD Jeffery Fitzroy	
8.30am						SWIM SQUAD Bruce Fitzroy
9.00am						BRICK Lee Kew
6.00pm	RUN SQUAD Michael Collingwood	ERGO Michael Fitzroy	TRACK RUN Michael Collingwood Track		SWIM Michael Richmond	
6.30pm	SWIM SQUAD Bruce Fitzroy	INTER SWIM Bruce Fitzroy	SWIM SQUAD Bruce Fitzroy	INTER SWIM Jeffery Richmond		

Location	Venue	Address
Richmond	Richmond Recreation Centre	Gleadell St Richmond
Fitzroy	Fitzroy Swimming Pool	Alexandra Parade Fitzroy
Collingwood	Collingwood Leisure Centre	Corner Turnbull and Hoddle St Clifton Hill
Collingwood Track	George Knott Athletics Track	Heidelberg Rd, Clifton Hill MAP 30, F12
Sandridge	Sandridge Surf Life Saving Club	240 The Boulevard, Port Melbourne
Kew	Kew Boulevard Circuit	Kew Boulevard Map 44 H4