

Dates for EAP, Branch Trials & Training Sessions

August

Saturday 25th Pool Time Trial Venue: Maroubra Seals Sports and Community Club
Marine Pde, Maroubra Beach
3rd floor- 25 mtr indoor pool
Start Time: As per attached below

September

Saturday 1st Sprint Time Trial Venue: Sylvania Athletic Field
Belgrave Esplanade
Start Time: As per attached below

Saturday 8th Pool Time Trial Venue: Nth Cronulla Surf Lifesaving Club
Mitchell Rd, Nth Cronulla
Rear of clubhouse- 25 mtr outdoor heated pool
Start Time: As per attached below

Saturday 15th Sprint Time Trial Venue: Sir Joseph Bank Park, Botany/Banksmeadow
Car park is in Tupia St (off botany rd)
Start Time: As per attached below

Saturday 22nd Open Water/Sprint Trial Venue: Yarra Bay- Details to be advised

October

Saturday 13th Open Water/Sprint Trial Venue: Kurnell - Details to be advised

Sunday 21st Branch Selection Trials Venue: To be announced- Details to be advised

November

Saturday 3rd BJD Training Day *these training days are to include reserves

Saturday 10th BJD Training Day *these training days are to include reserves

Sat/Sun 17-18 NSW Interbranch Championships Umina SLSC

Pool Time Trials - Time for commencement

- 2.45 pm Officials Briefing
- 3.00 pm Registrations Commence
- 3.00 pm Warm up commence (Branch or EAP Coach to supervise)
- 3.15 pm EAP introduction
- 3.25 pm Warm up complete
- 3.30 pm Start time Trial- Time trial will be a series of two (2) 400 mtr swims followed by a final
- For the Parents a dietician talk or similar

Sprint Trials – Time for commencement

- 1.45 pm Officials Briefing
- 2.00 pm Registrations Commence
- 2.00 pm Warm up commence (Branch or EAP Coach to supervise)
- 2.15 pm EAP introduction
- 2.25 pm Warm up complete
- 2.30 pm Start time Trial- Order of events will be a series of three (3) sprints time trials and a final. This will be followed by a series of modified flag races utilising the timing gates
- For the Parents a dietician talk or similar

What the athlete and parent need to do on arriving

1. Register athlete
2. Warm up
3. Marshall and receive individual evaluation card
4. Give card to lane timekeeper (in the case of sprints electronic panel operator will be given the cards)
5. Time trial
6. Receive evaluation card back from Lane timekeeper or operator with time documented on it
7. Give card back to recorder
8. Await times to be published and finals

If you would like to assist on the day, please do hesitate to give a hand.