



# White Oak Swimming Club



## Saturday Time Trials

Time trials are held on the first Saturday on each month at White Oak Pool for those squads that normally train there.

Swimmers must hold a bronze time in a stroke before swimming in a 2 length time trial and a silver time before swimming in a 3 length time trial. Swimmers in Bronze or Silver squads can swim in the IM time trials as shown. Each swimmer will be offered at least 2 swims at each time trial.

January	2L Fly	1L B/c	3L Fly	1L Br	2L Br	1L F/c	3L Br	1L Fly
February	2L B/c	1L Br	3L B/c	1L F/c	2L F/c	1L Fly	3L F/c	1L B/c
March	2L Br	1L F/c	3L Br	1L Fly	1L B/c	IM Silver	IM Bronze	1L Br
April	2L F/c	1L Fly	3L F/c	1L B/c	2L Fly	1L Br	3L Fly	1L F/c
May	1L B/c	IM Silver	IM Bronze	1L Br	2L B/c	1L F/c	3L B/c	1L Fly
Jun	2L Fly	1L Br	3L Fly	1L F/c	2L Br	1L Fly	3L Br	1L B/c
July	2L B/c	1L F/c	3L B/c	1L Fly	2L F/c	1L B/c	3L F/c	1L Br
August	2L Br	1L Fly	3L Br	1L B/c	1L Br	IM Silver	IM Bronze	1L F/c
September	2L F/c	1L B/c	3L F/c	1L Br	2L Fly	1L F/c	3L Fly	1L Fly
October	1L Br	IM Silver	IM Bronze	1L F/c	2L B/c	1L Fly	3L B/c	1L F/c
November	2L Fly	1L F/c	3L Fly	1L Fly	2L Br	1L B/c	3L Br	1L Br
December	2L B/c	1L Fly	3L B/c	1L B/c	2L F/c	1L Br	3L F/c	1L F/c