

Upcoming Weekend Training Changes

Saturday 10th March – Middlesex Development Meet

- All Elite as normal.
- Dev 1 cancelled due to Middlesex Meet.

Sunday 11th March – Middlesex Development Meet

- All Elite & Masters as normal.
- Regional & County training cancelled due to Middlesex Development Meet.

St Helens training as follows:

- 1-2pm Academy.
- 2-3pm Junior Academy.
- 3-4pm Senior Academy, Youth Academy & Dev 3.

Saturday 17th March – Middlesex Development Meet & Harrow Meet.

- Elite 1 & 2 training as normal.
- Elite 3 & Dev 1 training cancelled due to competitions.

Sunday 18th March – Harrow Meet.

- Elite 2 (Non Rushmoor swimmers speak to Matt to train Friday AM or Tuesday AM for make-up session)
- Elite 3, Regional & County sessions cancelled.
- Masters self-coached session (Anthony to email session).
- Dev 1 & 2 cancelled.

St Helens training as follows:

- 1-2pm Academy.
- 2-3pm Junior Academy.
- 3-4pm Senior Academy, Youth Academy & Dev 3.

Friday 23rd – 26th March – Sheffield Meet

- Non-Sheffield swimmers to train Friday AM.
- All Elite Friday PM cancelled.
- Elite training as normal Saturday, Sunday & Monday (NO LAND TRAINING SATURDAY).