

WEEK	LOAD	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	L	24-Jul-16	25-Jul-16 6:30am training. ALL TRACK EVENTS @CCGS	26-Jul-16	27-Jul-16	28-Jul-16 6:30am training. ALL TRACK EVENTS @CCGS	29-Jul-16 PSA Fixture v Trinity	30-Jul-16
3	M	31-Jul-16	1-Aug-16 6:30am training. ALL TRACK EVENTS @CCGS <b>Athletics meeting #2 in V1 @ lunchtime</b> Training outline	2-Aug-16	3-Aug-16	4-Aug-16 6:30am training. ALL TRACK EVENTS @CCGS	5-Aug-16 Final PSA Winter Round v Scotch	6-Aug-16
4	M	7-Aug-16	8-Aug-16 <b>1st Training Session PM(whole squad) AK RESERVE</b>	9-Aug-16 House Teams Carnival	10-Aug-16	11-Aug-16 <b>Whole Squad training @ AK Reserve/UWA</b>	12-Aug-16 PSA BYE PSA XC All Schools Race	13-Aug-16
5	H	14-Aug-16	15-Aug-16 6:30am training. ALL TRACK EVENTS @CCGS YR7 Aths Trials @ AK	16-Aug-16 <b>Whole Squad Training @ AK/UWA 3:30pm</b>	17-Aug-16 ALL FIELD EVENTS PM @CCGS	18-Aug-16 AM training. ALL TRACK EVENTS @CCGS	19-Aug-16 Mid-term break	20-Aug-16
6	M	21-Aug-16	22-Aug-16 Mid-term break	23-Aug-16	24-Aug-16 Whole Squad training PM @ CCGS	25-Aug-16	8/26/2016 <b><u>HOUSE ATHS CARNIVAL</u></b>	27-Aug-16
7	H	28-Aug-16	29-Aug-16 <b>QUADS SQUAD ANNOUNCED</b> PM Training @ Mt Claremont ALL TRACK EVENTS	30-Aug-16 <b>PM Whole Squad Training @AK</b>  <b>(Relay training for teams)</b>	31-Aug-16 <b>PM ALL TRACK &amp; FIELD @ AK</b>	1-Sep-16 QUADS Breakfast @ Sandover <b>QUADS Team Finalised</b>	2-Sep-16 <b><u>QUADS @ AK</u></b>	9/3/2016 <b>INTERS TEAM SELECTION MEETINGS</b>
8	L	4-Sep-16	5-Sep-16 PM Training @ Mt Claremont ALL TRACK EVENTS <b>INTERS SQUAD ANNOUNCED</b>	6-Sep-16 <b>AM - Relay training @ AK</b>  PM Training @ CCGS ALL FIELD EVENTS	7-Sep-16 <b>PM Training @ AK</b> ALL TRACK AND FIELD EVENTS	8-Sep-16 <b>7:45am INTERS SQUAD BREAKFAST @ SANDOVER</b>	9-Sep-16 <b><u>PSA INTERS</u></b>	