

AKAC Squad Timetable

SQUAD		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze Invitation Only	AM	7.00 – 8.00am Olympic – 2 Lanes		7.00 – 8.00am Olympic – 2 Lanes		7.00 – 8.00am Olympic – 2 Lanes	7.30 – 8.30am Olympic – 2 Lanes
	PM	Activation 3.45- 4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm	Activation 3.45-4.00pm 4.00-5.15pm		
Silver Invitation only	AM	6.00am-7.30am		6.00am-7.30am		6.00am-7.30am	6.00am-7.30am
	PM	Activation 4.45- 5.00pm 5.15-6.45	Activation 4.45-5.00pm 5.15-6.45	Activation 4.45-5.00pm 5.15-6.45	Activation 4.45-5.00pm 5.15-6.45		
Gold & Performance Invitation only	AM	6.00am-7.30am		6.00am-7.30am		6.00am-7.30am	6.00am-7.30am
	PM	Activation 4.45- 5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45	Activation 4.45-5.00pm 5.15-6.45pm	Activation 4.45-5.00pm 5.15-6.45		

NB: Dryland activation is optional but recommended.