

Nationals 2023-	Training Day Schedule
Christchurch- Friday 7th April	Music Time
Vic Mixed- 8.00am-9.00am	8.20am-8.40am
Aqualina-8.00am-9.00am	8.40-9.00am
Neptunes-8.20-9.20am	9.00am-9.20am
Supanova-8.40am-9.40am	9.20am-9.40am
West Coast Splash-9.00am-10.00am	9.40am-10.00am
Auckland Mermaids-9.20am-10.20am	10.00am-10.20am
Central NZ-9.40am-10.40am	10.20am-10.40am
Hong Kong Swimming Association-10.00am-11.00am	10.40am-11.00am
Swim Fast- 10.20am-11.20am	11.00am-11.20am
Australian National Team- 10.40am-11.40am	11.20am-11.40am
Golden Fish- 11.00am-12.00pm	11.40am-12.00pm
PLC-11.20am-12.20pm	12.00pm-12.20pm
Eastern Sirens-11.40am-12.40pm	12.20pm-12.40pm
Gold Coast Mermaids-12.00pm-1.00pm	12.40pm-1.00pm