

**Tuesday @ 5:30am (Steady Pace)**

<b>Lane 4 (1:26/100m)</b>	<b>Lane 3 (1:34/100m)</b>	<b>Lane 2 (1:42/100m)</b>	<b>Lane 1 (1:54/100m)</b>
James Forbes Simon Bedbrook Mark Wallis Rory Thomson Suzanne Narbey Paul Downie	Rachel Forbes Graham Crocker Justine Murphy Sarah Humphrey John Harris Jane Masey	Adam Wheeler Jane Day Serena Wells Bill Moody Chris Foley Jo Hayes Simon ?	Andrew Holmes Tim Humphry Ernie Robinson Andy Bolt Matt Biddle Bill Carmody Silke Hight Lyndsey Shepherd Paul McQueen

**Tuesday @ 6:30am (Steady Pace)**

<b>Lane 4 (1:30/100m)</b>	<b>Lane 3 (1:38/100m)</b>	<b>Lane 2 (1:50/100m)</b>	<b>Lane 1 (1:58/100m)</b>
Wayne Morris Paul Downie Andrew Hunt Tony Van Merwyck Nicole Hodgson	Stuart Gicquel Clare Hanavan Rory Toner Trevor Magee Jeremy Buttsworth Lisa Palmer Georgia Wood	Amanda Nitschke Stuart Murray Daniel Tarborsky Hannah McKerrchar Melissa Cundy Chris Hay	Guy Van Hazel Annette Van Hazel Fran Waddell Sally Steffanoni Caroline Claydon Anne Murrell Mike Fischer

**Thursday @ 5:30am (Interval pace)**

<b>Lane 4 (1:20/100m)</b>	<b>Lane 3 (1:28/100m)</b>	<b>Lane 2 (1:36/100m)</b>	<b>Lane 1 (1:48/100m)</b>
James Forbes Brad Hardingham Simon Bedbrook John Edwards Wayne Morris Rory Thomson	Paul Downie Suzanne Narbey Rachel Forbes Graham Crocker Sarah Humphrey Clare Hanavan John Harris	Chris Foley Bill Moody Jane Day Jo Van R Jo Hayes	Andrew Holmes Andy Bolt Tim Humphrey Kay Fuller Paul McQueen Silke Hight Bill Carmody Lyndsey Shepherd

**Thursday @ 6:30am (Interval pace)**

<b>Lane 4 (1:24/100m)</b>	<b>Lane 3 (1:32/100m)</b>	<b>Lane 2 (1:44/100m)</b>	<b>Lane 1 (1:52/100m)</b>
Tony Van Merwyk Andrew Hunt Wayne Morris Nicole Hodgson James Forbes John Edwards	Jeremy Buttsworth Christine Lowe Matt Illingworth Rachel Forbes Carle Green Michael S Stuart Gicquel Marie-Therese Hunter	Chris Hay Stuart Murray Daniel Tarborsky Sally Steffanoni Caroline Claydon	Anne Murrell Helen McKinnon Fran Waddell