

Trans Tasman 2009 Timeline

Sunday 5 July

Start Time	Finish Time	Activity
10.00	11.00	Team members arrive into Melbourne
11.00		Start transferring team to Parkview Hotel, St Kilda
12.00	13.00	Hotel check in, swimwear collection
12.30		Head coaches meeting with Bernie
13.00	14.00	Lunch
13.45		Full Australian team meeting
13.55		Green and Gold team meetings
14.00	14.30	Full staff meeting
14.30	14.40	Green and Gold staff meetings
15.15	15.25	Coach transfer from Parkview Hotel to MSAC
15.30	18.00	Training
18.15	18.30	Coach transfer from MSAC to Parkview Hotel
19.00	20.00	Dinner
20.00	20.30	Full team meeting
20.30	21.30	Group meetings, uniform swap sessions
NOTES/GUESTS		➤ Swimmers are only to wear SAL supplied suits for Trans Tasman

Monday 6 July

Start Time	Finish Time	Activity
06.00	07.00	Breakfast
07.15	07.30	Transfer from Parkview Hotel to MSAC
07.30	08.45	Pre-meet warm up
09.00	11.00	Trans Tasman Meet 1
11.30	11.45	Transfer from MSAC to Parkview Hotel
12.00	13.00	Lunch
13.00	14.00	ACTIVITY Recovery Strategies by Prue Newnham
13.00	15.00	RRR
15.00	15.15	Transfer from Parkview to MSAC
15.30	16.45	Pre-meet warm up
17.00	19.00	Trans Tasman Meet 2
19.15	19.30	Coach transfer from MSAC to Parkview Hotel
19.30	20.30	Dinner
20.30		Team meetings
NOTES/GUESTS		➤

Trans Tasman 2009 Timeline

Tuesday 7 July

Start Time	Finish Time	Activity
07.30	08.30	Breakfast
08.45		Bags to coach
09.00		Coach departs for Wodonga (331km)
13.00		Arrive at Comfort Inn Blazing Stump and check in
13.30	14.30	Lunch
14.30	15.45	RRR
15.45	16.00	Coach transfer from Comfort Inn to Wodonga Leisure Centre
16.00	18.30	Training
18.30	18.45	Coach transfer from Wodonga Leisure Centre to Comfort Inn
19.00	20.00	Dinner
20.00		Team meetings
NOTES/GUESTS		➤ Entries for Wodonga due to Liz at lunch

Wednesday 8 July

Start Time	Finish Time	Activity
06.15	06.30	Coach transfer from Comfort Inn to Wodonga Leisure Centre
06.30	08.30	Training
08.30	08.45	Coach transfer from Wodonga Leisure Centre and Comfort Inn
08.45	09.45	Breakfast
10.00	12.00	ACTIVITY - AUS media conference
12.30	13.30	Lunch
13.30	14.45	RRR
14.45	15.00	Transfer from Comfort Inn to Wodonga Leisure Centre
15.00	16.15	Warm up
16.30	18.30	Trans Tasman Meet 3
18.45	19.00	Transfer from Wodonga Leisure Centre to Comfort Inn
19.00	20.00	Dinner
20.00		Team meetings
NOTES/GUESTS		➤

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Thursday 9 July

Start Time	Finish Time	Activity
06.30	07.15	Breakfast
07.15	07.30	Transfer from Comfort Inn to Wodonga Leisure Centre
07.30	08.45	Warm up
09.00	11.00	Trans Tasman Meet 4
11.15	11.30	Transfer from Wodonga Leisure Centre to Comfort Inn
11.30	12.30	Lunch
12.45		Bags to coach
13.00		Coach departs for Canberra (345 km)
18.00		Arrive at the AIS and check in
18.30	20.00	Training at AIS
19.30	20.00	Dinner – NZ team and staff
20.00	20.30	Dinner – AUS Gold team and staff
20.30	21.00	Dinner – AUS Green team and staff
20.00		NZ team meeting
20.30		AUS Gold team meeting
21.00		AUS Green team meetings
NOTES/GUESTS		<ul style="list-style-type: none"> ➤ Mitch Larkin's Birthday ➤ Room keys to Erin by 7.15am for check out in Wodonga ➤ All team members to bring bags to meal for storage at breakfast

Friday 10 July

Start Time	Finish Time	Activity
06.15	06.30	Walk to pool
06.30	08.30	Training
08.30	09.00	Breakfast – NZ team and staff
09.00	09.30	Breakfast – AUS Green team
09.30	10.00	Breakfast – AUS Gold team
10.00	11.00	RRR
11.00	13.00	AUS Green Team – Recovery session and tour
12.00	14.00	AUS Gold Team – Recovery session and tour
12.30	13.00	LUNCH – NZ team
13.00	15.00	NZ team – Recovery session and tour
13.15	13.45	Lunch – AUS Green team
14.00	14.30	Lunch – AUS Gold team
13.00	15.15	RRR
15.15		Walk to pool
15.30	16.45	Warm up
17.00	18.30	Trans Tasman Meet 5

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19.30	20.00	Dinner – AUS Green Team
20.00	20.30	Dinner –AUS Gold Team
20.30	21.00	Dinner – NZ Team
20.00		Team meetings
NOTES/GUESTS		➤ Entries for Canberra due to Liz at breakfast

Saturday 11 July

Start Time	Finish Time	Activity
06.30	07.30	Breakfast
07.30		Check out
07.45		Walk to pool
07.45	08.45	Warm up
09.00	11.00	Trans Tasman Meet 6
11.00	11.20	Presentation
11.30	11.45	Lunch – Group 1
11.45		Group 1 departs AIS – Sunshine Coast, Coolangatta, Mackay and Brisbane
11.45	12.00	Lunch – Group 2
12.45		Group 2 departs AIS – Melbourne, Perth, Sydney, Adelaide, New Zealand
13.10		QF1478 departs for Sunshine Coast, Gold Coast, Mackay and Brisbane via Sydney
14.30		DJ581 departs for Adelaide
14.55		QF1476 departs for Sydney and Perth via Sydney
15.05		QF815 departs for Melbourne ; QF532 departs Sydney for Brisbane
16.55		JQ418 departs for Coolangatta
17.50		QF571 departs for Perth
18.45		JQ790 departs for Sunshine Coast
NOTES/GUESTS		<ul style="list-style-type: none"> ➤ Hire car due at Airport at 13.00 ➤ Organise cab charge vouchers for Pat and Justin