

HARBOUR TRAINING

2008

		Training	Water Height	Water State	High Water	Competitive Swim
	AUGUST					
Friday	1					
Saturday	2					
Sunday	3	<i>No Training</i>				Monifieth start 3.30 pm
Monday	4	7 - 8 pm	3/4 Tide	Ebbing	6.03 pm	
Tuesday	5	7 - 8 pm	High	Ebbing	6.40 pm	
Wednesday	6	7 - 8 pm	High	Top of Tide	7.16 pm	
Thursday	7					
Friday	8	7 - 8 pm	3/4 Tide	Flooding	8.36 pm	
Saturday	9					
Sunday	10	7 - 8 pm	1/2 Tide	Flooding	10.33 pm	Charity start 9.40 am
Monday	11					
Tuesday	12					
Wednesday	13					
Thursday	14					
Friday	15					
Saturday	16					
Sunday	17	2 - 3 pm	2/3 Tide	Flooding	4.20 pm	
Monday	18	7 - 8 pm	1/2 Tide	Ebbing	4.52 pm	
Tuesday	19	7 - 8 pm	2/3 Tide	Ebbing	5.26 pm	
Wednesday	20	7 - 8 pm	3/4 Tide	Ebbing	6.00 pm	
Thursday	21					B-to-B start 6.35 pm
Friday	22	7 - 8 pm	High	Turn of Tide	7.15 pm	
Saturday	23					
Sunday	24	7 - 8 pm	2/3 Tide	Flooding	8.57 pm	
Monday	25	7 - 8 pm	1/2 Tide	Flooding	10.16 pm	
Tuesday	26					
Wednesday	27					
Thursday	28					
Friday	29					
Saturday	30					
Sunday	31	<i>No Training</i>				Aquathon start 2 pm