

**HARBOUR  
TRAINING**

**2008**

		Training	Water Height	Water State	High Water	Competitive Swim
	<b>SEPT</b>					
Monday	1	7 - 8 pm	2/3 Tide	Ebbing	4.57 pm	
Tuesday	2	7 - 8 pm	2/3 Tide	Ebbing	5.31 pm	
Wednesday	3	7 - 8 pm	3/4 Tide	Ebbing	6.03 pm	
Thursday	4					
Friday	5	7 - 8 pm	High	Top of Tide	7.08 pm	
Saturday	6					
Sunday	7	7 - 8 pm	3/4 Tide	Flooding	8.39 pm	
Monday	8	7 - 8 pm	2/3 Tide	Flooding	9.51 pm	
Tuesday	9					
Wednesday	10					
Thursday	11					
Friday	12					
Saturday	13					Loch Earn start 10am
Sunday	14		<i>No Training</i>			Crannog Isle start Noon

**END OF 2008 OPEN WATER SEASON**