

WEEK 18 16-22 OCT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	<b>SWIMMING</b>  <b>ACTIVE SKI:</b> 5.45am Lions Park, Noosa	<b>SWIMMING</b>	<b>MAX SWIM SQUAD</b> 5.30am Noosa Rock Wall	<b>SWIMMING</b>  <b>ACTIVE SKI:</b> 5.45am Lions Park or Noosa West (depending)	<b>SWIMMING</b>	<b>RACE:</b> METS TEAMS CARNIVAL U11 – U13  <b>BOARD TRAINING:</b> 7.00am SUNSHINE SLSC U14-U15 RACE PREP  <b>SKI TRAINING</b> 7.00am SUNSHINE SLSC U17 – OPEN	<b>RACE:</b> MUDJIMBA TEAMS CARNIVAL U14 – U15
AFTERNOON	<b>BOARD</b> 4.00pm U/14 to Open Sunshine SLSC <b>Bring Shoes for running.</b>  <b>BEACH:</b> 4.30pm u11 to Open /Masters Sunshine SLSC	<b>SKI</b> 4.00pm U/17 to Open Noosa Woods  <b>NIPPERS:</b> 4.00pm u11 to u13 Noosa Goyne	<b>BOARD/IRON</b> 4.00pm u/14 to Open Noosa Woods  <b>JUNIOR BOARD</b> 4.00pm U9 – u10 Noosa Woods (River)	<b>SKI</b> 4.00pm u/17 to Open Sunshine SLSC <b>Bring shoes for running.</b>  <b>NIPPERS:</b> 4.00pm u11 to u13 Noosa Woods  <b>Nipper Beach Training:</b> 4.00pm u9 – u10 Noosa Woods SLSC	<b>BOARD:</b> 4.00pm u/14 to Masters & actives. Sunshine SLSC	<b>REST</b>	<b>REST</b>

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