

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Monday 7-8am

Lane 4	Lane 3	Lane 2	Lane 1
	1:19 Carolyn G	1:42 Roger L	1:56 Brodie C
	1:34 Hannah McK	1:44 Rupert H	1:56 Kylie D
	1:36 Glenn Mo	1:48 Jane D	1:56 Lorry D
	1:37 Saskia L	1:50 Amanda N	1:58 Paul H
	1:40 Anne-Marie De	1:54 Paul McQ	2:01 Sue O
	1:40 Elicia K	1:55 Cobie R	2:04 Liz B
	1:40 Jess H	1:55 Will H	2:05 Don E
	1:40 Ric C	1:56 Anka F	2:05 Paul C
			2:06 Lexie T
			2:08 Anne M

Session Status as of October 2013: space for 3-5 more swimmers only by invitation from Paul's 1-2-1s

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Monday 9.30-10.30am

Lane 4	Lane 3	Lane 2	Lane 1
	1:22 Bob T	1:45 Anne-Marie D'A	2:00 Deb K
	1:25 Suzi S	1:45 Belinda B	2:00 Helen B
	1:26 Sally S	1:48 Janet F	2:00 Janine K
	1:27 Janine W	1:48 Michelle B	2:00 Roxanne G
	1:32 John E	1:50 Jens B	2:05 Bob E
	1:33 Marie TH	1:51 Barrie E	2:05 Claire McL
	1:36 Geoff I	1:51 Brian B	2:05 Diane R
	1:36 Jane C	1:52 David C	2:12 Helene H
	1:37 Cyndy H	1:52 Shelley K	2:12 Kim R
		1:52 Robyn A	2:12 Robyn E
	1:54 Gillian E	2:12 Sandra C	

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Tuesday 5.30-6.30am

Lane 4	Lane 3	Lane 2	Lane 1
1:21 James F	1:30 Mark Wa	1:36 Matt McC	1:46 Ernie R
1:22 Simon B	1:32 Jane M	1:36 Michael J	1:48 Mark B
1:25 Stuart M	1:32 Jeff D	1:37 Clare H	1:48 Shane H
1:26 Shelley T	1:32 Rory T	1:38 Pete A	1:50 Nathan T
1:27 David ?	1:33 Georgia S	1:40 Adam W	1:52 Robyn A
1:28 Bronwyn F	1:33 Graham C	1:40 Glenn Ma	2:00 Bill C
1:29 Kirk L	1:34 Hannah Mck	1:43 Kay F	2:02 Jill B
1:30 Emily L	1:35 Kim S	1:45 Simon W	2:02 Lindsey S
	1:36 John H	1:48 Kim M	2:02 Tim H
	1:36 Simon ?	1:48 Jo VR	2:04 Bonnie T
			2:10 Greg F

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Tuesday 6.30-7.30am

Lane 4	Lane 3	Lane 2	Lane 1
1:23 Wayne M	1:35 Jo H	1:44 Bill M	1:55 Caroline C
1:24 Tom ?	1:36 Matt I	1:44 Trevor M	1:55 Sally St
1:26 Andrew H	1:36 Michael S	1:45 Megan S	1:55 Sam G
1:32 Grant H	1:36 Ray S	1:47 Mike S	2:00 Paul P
1:32 John E	1:36 Rob F	1:48 Lorraine D	2:05 Ben D
1:33 Alberto L	1:38 Pete A	1:49 Andrew H	
1:33 Chris Mck	1:40 Bec E	1:49 Todd G	
1:34 John T (JT)	1:40 Patrick H	1:50 Amanda N	
1:35 Jonathon C	1:42 Chris L	1:51 Liz D	
1:35 Lotti VM	1:42 Jaim H	1:52 Kim A	
1:36 Geoff I		1:53 Amanda M	
		1:54 Guy VH	
		1:55 Annette VH	

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold




Day / Time: Tuesday 6.15-7.15pm (6.30-7.30pm in Summer)

Lane 4	Lane 3	Lane 2	Lane 1
	1:29 Renee B	1:40 Elicia K	1:52 Rachel B
	1:30 Fletcher B	1:40 Glenn Ma	1:55 Cobie R
	1:30 James M	1:40 Nick M	1:56 Barrat L
	1:34 Dave W	1:44 Janine B	2:00 Renee W
	1:34 Elliott C	David ?	2:08 Tracey V
		Linda ?	2:15 Susan
			2:34 Colleen D
			Ariane B ?
			Gia Di M ?
			Michael Sams ?

Session Status as of October 2013: space for 3-5 more swimmers through email registration

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Wednesday 5.30-7am

Lane 4	Lane 3	Lane 2	Lane 1
1:16 Guy C	1:27 David ?	1:34 Sean J 	1:34 John T (JT)
1:18 Andrew G	1:27 Janine W	1:34 Myles ? 	1:34 Hannah McK
1:19 Carolyn G	1:27 Steve G	1:35 Jonathon C 	1:36 Matt McC
1:20 Gary C	1:28 Bronwyn F	1:36 Ari H	1:40 Patrick H
1:20 Johan B	1:29 Eleanor P	1:36 Geoff I	1:42 Peter M
1:21 James F	1:29 Kirk L	1:36 Glenn Ma	1:45 Megan S
1:22 Derek C	1:29 Suzanne N	1:36 Rob F	1:46 Sean W
1:22 Kate B	1:30 Mark Le	1:36 Rob S	1:48 Lorraine D
1:24 Chris O	1:30 Mark Wa	1:37 Cyndy H	1:50 Amanda N
1:25 Stuart M	1:31 Justine M	1:38 Glenn Mo	1:55 Caroline C
1:26 Mark McK	1:31 Luke C	1:38 Pete A	1:56 Anka F
1:26 Shelley T	1:32 Jeff D	1:38 Tracy D	
1:27 Mark Lu	1:33 Adele R	1:39 Nicole A	
1:27 Shane S	1:33 Pam C		
	1:34 Elliott C		

Session Status as of October 2013: FULL (absolutely no more spaces until March 2014)

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Wednesday 9.30-10.30am

Lane 4	Lane 3	Lane 2	Lane 1
Lane is potentially available if we need it - ask pool staff on the day	1:22 Bob T	1:45 Anne-Marie D'A	1:54 Gillian E
	1:25 Gavin Mck	1:45 Belinda B	1:55 Cobie R
	1:25 Suzi S	1:48 Jane D	2:00 Roxanne G
	1:26 Brad Ha	1:48 Janet F	2:01 Sue O
	1:26 Sally S	1:48 Michelle B	2:04 Andree C
	1:29 Brad Ho	1:49 Diane O	2:04 Liz B
	1:32 John E	1:49 Emmy P	2:05 Bob E
	1:33 Marie TH	1:50 Amanda N	2:12 Kim R
	1:34 Mish N	1:50 Lynn H	2:12 Sandra C
	1:36 Jane C	1:51 Barrie E	
	1:37 Cyndy H	1:51 Brian B	
	1:37 Saskia L	1:52 David C	
	1:52 Nicole K		

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Thursday 6.15-7.15pm (6.30-7.30pm in Summer)

Lane 4	Lane 3	Lane 2	Lane 1
	1:18 Ashan W	1:40 Elicia K	1:52 Rachel B
	1:34 Dave W	1:40 Ed P	1:55 Cobie R
	1:34 Chris W	1:42 Roger L	1:55 Will H
	1:34 Hannah McK	1:44 Carolyn B	1:58 Lorraine W
		1:44 Rupert H	2:00 Renee W
		1:44 Stein	2:15 Susan ?
		Nat ?	2:34 Colleen D
			Ariane B ? Gia Di M ? Rhian C ? Tony ?

Session Status as of October 2013: space for 3-5 more swimmers through email registration

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Friday 5.30-6.30am

Lane 4	Lane 3	Lane 2	Lane 1
1:19 Carolyn G	1:27 David ?	1:32 Jeff D	1:46 Ernie R
1:18 Andrew G	1:27 Janine W	1:33 Graham C	1:48 Jo VR
1:20 Gary C	1:27 Steve G	1:35 Kim S	1:48 Shane H
1:21 James F	1:28 Bronwyn F	1:36 Geoff I	1:48 Mark B
1:22 Derek C	1:29 Kirk L	1:36 John H	1:50 Nathan T
1:22 Simon B	1:29 Renee B	1:36 Matt McC	1:52 Robyn A
1:24 Chris O	1:29 Suzanne N	1:37 Clare H	2:02 Bill C
1:25 Stuart M	1:30 Emily L	1:38 Pete A	2:02 Jill B
1:26 Anna-lee H	1:30 Mark Wa	1:40 Adam W	2:02 Tim H
1:26 Mark McK	1:31 Justine M	1:40 Glenn Ma	2:02 Lindsey S
1:26 Shelley T	1:31 Luke C	1:42 Peter M	2:04 Bonnie T
1:27 Mark Lu	1:32 Rory T	1:43 Kay F	
	1:33 Adele R		

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Friday 6.30-7.30am

Lane 4	Lane 3	Lane 2	Lane 1
1:28 Owen P	1:34 John T (JT)	1:44 Bill M	1:55 Caroline C
1:28 Paul D	1:35 Jo H	1:44 Trevor M	1:55 Sally St
1:32 Brenton J	1:35 Martin L	1:45 Megan S	1:55 Sam G
1:32 Grant H	1:35 Rob F	1:47 Mike S	1:56 Anka F
1:32 John E	1:36 Ari H	1:48 Lorraine D	2:00 Deb K
1:33 Alberto L	1:36 Matt I	1:49 Andrew H	2:00 Paul P
1:33 Chris Mck	1:36 Michael S	1:49 Todd G	2:05 Ben D
1:34 Sean J	1:36 Ray S	1:50 Amanda N	
1:35 Jonathon C	1:39 Nicole A	1:51 Liz D	
1:35 Lotti VM	1:40 Bec E	1:52 Kim A	
1:36 Michael J	1:40 Jess H	1:52 Tim B	
	1:42 Chris L	1:53 Amanda M	
	1:42 Jaim H	1:54 Guy VH	
		1:54 Paul McQ	
		1:55 Annette VH	

Session Status as of October 2013: FULL

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Friday 9.30-10.30am

Lane 4	Lane 3	Lane 2	Lane 1
	1:22 Bob T	1:48 Michelle B	2:00 Helen B
	1:25 Suzi S	1:49 Emmy P	2:00 Jane K
	1:32 John E	1:50 Kate W	2:00 Roxanne G
	1:36 Jane C	1:50 Lynn H	2:01 Sue O
	1:37 Cyndy H	1:51 Brian B	2:04 Andree C
	1:37 Saskia L	1:50 Anna VH	2:05 Diane R
	1:38 Kristy F	1:54 Gillian E	2:08 Gavin C
	1:45 Anne-Marie D'A	1:55 Cobie R	2:08 Tracey V
	1:45 Belinda B	1:56 Catherine ?	2:10 Greg F
		1:56 Phillip R	2:12 Helene H
		2:12 Robyn E	
		2:23 Eldon G	

Session Status as of October 2013: space for 1-3 more swimmers only by invitation from Paul's 1-2-1s

Swim Smooth Perth Squad Lane Allocations Pace Per 100m @ Threshold

Day / Time: Saturday 1-2pm

Lane 4	Lane 3	Lane 2	Lane 1
Lane is potentially available if we need it - ask pool staff on the day	1:16 Guy C	1:31 Lauren J	1:55 Cobie R
	1:22 Derek C	1:31 Nathalie L	1:56 Barrat L
	1:22 Kate B	1:33 Graham C	1:58 Lorraine W
	1:25 Kira F	1:35 Rob F	2:00 Janine K
	1:25 Stuart M	1:40 Natalie B	2:01 Sue O
	1:26 Shelley T	1:40 Nick M	Rhian C ?
	1:27 David ?	Chris ?	
	1:28 Bronwyn F	John ?	
	1:29 Brad H	Ross ?	
1:30 Emily L			

Session Status as of October 2013: space for 5-8 more swimmers through email registration