

# Sandycove Schedule 2017

## January

Date	HW	Swim	▲
Sat 7	12:06	<b>11:00</b>	01:06
Sun 8	13:18	<b>12:00</b>	01:18
Sat 21	11:48	<b>12:00</b>	00:12
Sun 22	12:56	<b>12:00</b>	00:56
Sat 28	17:44	<b>16:30</b>	01:14

## February

Date	HW	Swim	▲
Sun 5	11:38	<b>10:30</b>	01:08
Sat 11	17:44	<b>16:00</b>	01:44
Sun 19	10:46	<b>11:00</b>	00:14
Sat 25	16:39	<b>15:30</b>	01:09
Sun 26	17:19	<b>16:00</b>	01:19

## March

Date	HW	Swim	▲
Sat 11	16:41	<b>15:00</b>	01:41
Sun 12	17:19	<b>16:00</b>	01:19
Sat 25	15:27	<b>14:00</b>	01:27
Sun 26	17:14	<b>16:00</b>	01:14
Mon 27	17:54	<b>17:00</b>	00:54
Tue 28	18:36	<b>18:00</b>	00:36

## April

Date	HW	Swim	▲
Sat 8	16:36	<b>15:00</b>	01:36
Sun 9	17:19	<b>16:00</b>	01:19
Mon 10	17:57	<b>18:00</b>	00:03
Tue 11	18:34	<b>18:00</b>	00:34
Wed 12	19:08	<b>18:00</b>	01:08
Thu 13	19:36	<b>18:00</b>	01:36
Sat 15	20:46	<b>19:00</b>	01:46
Sat 22	14:57	<b>13:00</b>	01:57
Sun 23	15:52	<b>14:00</b>	01:52
Wed 26	18:14	<b>18:00</b>	00:14
Thu 27	18:58	<b>18:00</b>	00:58
Fri 28	19:44	<b>18:00</b>	01:44
Sat 29	20:29	<b>19:00</b>	01:29

## May

Date	HW	Swim	▲
Sat 6	15:17	<b>14:00</b>	01:17
Sun 7	16:10	<b>14:30</b>	01:40
Wed 10	18:06	<b>18:00</b>	00:06
Thu 11	18:39	<b>18:00</b>	00:39
Fri 12	19:13	<b>18:00</b>	01:13
Sat 13	19:44	<b>18:00</b>	01:44
Sun 14	20:23	<b>19:00</b>	01:23
Mon 15	20:59	<b>19:30</b>	01:29
Sat 20	13:07	<b>12:00</b>	01:07
Sun 21	14:13	<b>12:30</b>	01:43
Wed 24	16:58	<b>18:00</b>	01:02
Thu 25	17:48	<b>18:00</b>	00:12
Fri 26	18:38	<b>18:00</b>	00:38
Sat 27	19:28	<b>18:00</b>	01:28
Sun 28	20:17	<b>19:00</b>	01:17
Mon 29	21:03	<b>19:30</b>	01:33
Tue 30	21:57	<b>20:30</b>	01:27

## June

Date	HW	Swim	▲
Sat 3	13:37	<b>12:00</b>	01:37
Sun 4	14:36	<b>13:00</b>	01:36
Thu 8	17:36	<b>18:00</b>	00:24
Fri 9	18:14	<b>18:00</b>	00:14
Sat 10	18:52	<b>17:00</b>	01:52
Sun 11	19:25	<b>18:00</b>	01:25
Mon 12	20:04	<b>19:00</b>	01:04
Tue 13	20:42	<b>19:00</b>	01:42
Wed 14	21:21	<b>20:00</b>	01:21
Sat 17	11:21	<b>10:30</b>	00:51
Sun 18	12:26	<b>11:00</b>	01:26
Fri 23	17:32	<b>18:00</b>	00:28
Sat 24	18:23	<b>17:00</b>	01:23
Sun 25	19:12	<b>17:30</b>	01:42
Mon 26	19:59	<b>18:30</b>	01:29
Tue 27	20:47	<b>19:00</b>	01:47
Wed 28	21:38	<b>20:00</b>	01:38

## July

Date	HW	Swim	▲
Sat 1	11:48	<b>10:30</b>	01:18
Sun 2	12:47	<b>11:00</b>	01:47
Sat 8	17:52	<b>16:00</b>	01:52
Sun 9	18:29	<b>17:00</b>	01:29
Mon 10	19:07	<b>18:00</b>	01:07
Tue 11	19:43	<b>18:00</b>	01:43
Wed 12	20:20	<b>19:00</b>	01:20
Thu 13	20:59	<b>19:00</b>	01:59
Fri 14	21:41	<b>20:00</b>	01:41
Sat 15	10:01	<b>10:30</b>	00:29
Sun 16	<b>30+ Doing 6 hour Swim</b>		
Sat 22	17:16	<b>16:00</b>	01:16
Sun 23	18:07	<b>16:30</b>	01:37
Mon 24	18:56	<b>18:00</b>	00:56
Tue 25	19:43	<b>18:00</b>	01:43
Wed 26	20:27	<b>19:00</b>	01:27
Thu 27	21:11	<b>19:30</b>	01:41
Sat 29	10:15	<b>10:30</b>	00:15
Sun 30	11:03	<b>10:30</b>	00:33

## August

Date	HW	Swim	▲
Sat 5	16:48	<b>15:00</b>	01:48
Sun 6	17:30	<b>16:00</b>	01:30
Mon 7	18:09	<b>18:00</b>	00:09
Tue 8	18:46	<b>18:00</b>	00:46
Wed 9	19:23	<b>18:00</b>	01:23
Thu 10	19:59	<b>18:00</b>	01:59
Fri 11	20:37	<b>19:00</b>	01:37
Sat 12	21:18	<b>19:30</b>	01:48
Sun 13	22:04	<b>20:30</b>	01:34
Sat 19	16:10	<b>15:00</b>	01:10
Sun 20	17:06	<b>15:30</b>	01:36
Mon 21	17:56	<b>18:00</b>	00:04
Tue 22	18:40	<b>18:00</b>	00:40
Wed 23	19:22	<b>18:00</b>	01:22
Thu 24	20:01	<b>18:30</b>	01:31

## August

Date	HW	Swim	▲
Fri 25	20:39	<b>19:00</b>	01:39
Sat 26	21:18	<b>20:00</b>	01:18
Sun 27	09:35	<b>10:00</b>	00:25

## September

Date	HW	Swim	▲
Sat 2	15:30	<b>14:00</b>	01:30
Sun 3	16:21	<b>15:00</b>	01:21
Mon 4	17:05	<b>18:00</b>	00:55
Tue 5	17:44	<b>18:00</b>	00:16
Wed 6	18:21	<b>18:00</b>	00:21
Thu 7	18:59	<b>18:00</b>	00:59
Fri 8	19:36	<b>18:00</b>	01:36
Sat 9	20:15	<b>18:30</b>	01:45
Sat 16	<b>Callenge Swim</b>		
Sun 17	16:01	<b>14:30</b>	01:31
Tue 19	17:39	<b>18:00</b>	00:21
Wed 20	18:19	<b>18:00</b>	00:19
Thu 21	18:57	<b>18:00</b>	00:57
Fri 22	19:33	<b>18:00</b>	01:33
Sat 23	20:07	<b>18:30</b>	01:37
Sat 30	13:44	<b>12:00</b>	01:44

## October

Date	HW	Swim	▲
Sun 1	14:54	<b>13:00</b>	01:54
Wed 4	17:17	<b>17:00</b>	00:17
Thu 5	17:56	<b>17:00</b>	00:56
Fri 6	18:33	<b>17:00</b>	01:33
Sat 14	13:28	<b>12:00</b>	01:28
Sun 15	14:45	<b>13:00</b>	01:45
Wed 18	17:17	<b>17:00</b>	00:17
Thu 19	17:56	<b>17:00</b>	01:56
Fri 20	18:31	<b>17:00</b>	01:31
Sat 28	11:39	<b>10:00</b>	01:39
Sun 29	11:56	<b>10:00</b>	01:56

## November

Date	HW	Swim	▲
Sat 4	17:07	<b>15:30</b>	01:37
Sat 11	10:51	<b>11:00</b>	00:09
Sun 12	12:14	<b>11:00</b>	01:14
Sat 18	17:08	<b>15:30</b>	01:38
Sat 25	15:32	<b>13:00</b>	01:32
Sun 26	16:26	<b>15:00</b>	01:26

## December

Date	HW	Swim	▲
Sat 2	16:02	<b>15:00</b>	01:02
Sun 10	10:24	<b>11:00</b>	00:36
Sat 16	16:08	<b>15:00</b>	01:08
Sat 30	14:44	<b>13:00</b>	01:44
Sun 31	15:42	<b>14:30</b>	01:12

Swim times are times 'in the water'. Please arrive 15 to 20mins earlier to allow time to change, etc.  
Schedule is provided for information only. You take part at your own risk.