



# TRAINING SCHEDULE

*Please fill in the form and return to:*  
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Nationality: \_\_\_\_\_ First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_ Date: \_\_\_\_\_

**SWIMMER'S ITINERARY/INFORMATION** (A,B,C,D: Temporary training address, E: Competition X: Permanent training address)

| Month | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
|       |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|       |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|       |   |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |

| A.                          | B.                          | C.                          | D.                          |
|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Temporary Training Address  | Temporary Training Address  | Temporary Training Address  | Temporary Training Address  |
| _____                       | _____                       | _____                       | _____                       |
| _____                       | _____                       | _____                       | _____                       |
| _____                       | _____                       | _____                       | _____                       |
| Temporary Training Facility | Temporary Training Facility | Temporary Training Facility | Temporary Training Facility |
| _____                       | _____                       | _____                       | _____                       |
| _____                       | _____                       | _____                       | _____                       |
| _____                       | _____                       | _____                       | _____                       |

## COMPETITION SCHEDULE

| E. Competition | Town  | Country | Date (From- ) | Date ( -To) |
|----------------|-------|---------|---------------|-------------|
| _____          | _____ | _____   | _____         | _____       |
| _____          | _____ | _____   | _____         | _____       |
| _____          | _____ | _____   | _____         | _____       |
| _____          | _____ | _____   | _____         | _____       |