

RACING	-	-	-	Begin the Bayside Blades 'Silver Program'	-	-	-	Complete the Bayside Blades 'Silver Program'	Start racing in the local Grand Prix Series	Race Com
TIMING	15 sec lap	14 sec lap	13 sec lap	-	12 sec lap	-	11 sec lap	28 sec 200m time trial	-	10
TRAINING	Start Beginner Speed	-	-	-	-	Transition to skating in Intermediate warm-ups	-	Start Intermediate Speed (Indoor & Outdoor)	-	
Queries:	Paul/Liam					Paul/Liam/Andy		Anc		
*Please note that times listed under 'Timing' are supplied as a guide - all progressions are at the discretion of the involved co.										

Competitions in 2-day	Qualify to skate at the State Championship	Selection to the Victorian Team for Nationals	-	-	Selection to the Australian Team for Oceanias	-	-	Selection to the Australian Team for Worlds	
sec lap	-	-	23 sec 200m time trial	9 sec lap	21 sec 200m time trial	20 sec 200m time trial	19 sec 200m time trial	8 sec lap	
-	-	-	Transition to skating in Advanced warm-ups	Start Advanced Speed	-	-	-	-	
ly/Pete	Andy/Pete/Mi		Mick						
aches									