

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 May 2024

May 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth / Uni Competition	Events		
		Matt Brown - 17 May James Greathead - 18 May	Ryan Frost - 4 May James Greathead - 6 May	Daniel Benvenuti	Pancha Thambo	William Choi	Daniel Benvenuti			
1/05/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm			
2/05/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
3/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Carnival	11am - 1pm	
	Fri PM	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night		SOPAC SWIM Club Race Night	6:30 - 8pm	
4/05/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am						
5/05/2024	Sun									
6/05/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am				
	Mon PM	Training Cancelled		Training Cancelled	Training Cancelled		6.30pm - 7.45pm	School Carnival	5pm - 9:30pm	
7/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				School Carnival	8am - 4pm	
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
8/05/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm			
9/05/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am		NSW Sydney Open	7.30am - 9pm	
	Thu PM	Training Cancelled			Training Cancelled	Training Cancelled	6.30pm - 7.45pm			
10/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am				NSW Sydney Open	7.30am - 9pm	
	Fri PM	Training Cancelled	Training Cancelled	Training Cancelled	Training Cancelled	Training Cancelled				
11/05/2024	Sat AM	Training Cancelled		6am - 7.30am	6am - 7.30am	6am - 7.30am		NSW Sydney Open	7.30am - 9pm	
12/05/2024	Sun									
13/05/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am		School Carnival	7:30am - 5pm	
	Mon PM	5pm - 6.30pm		5pm - 6.30pm	5pm - 6.30pm		6.30pm - 7.45pm			
14/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				School Carnival	7:30am - 5pm	
	Tue PM		5pm - 6.30pm	5pm - 6.30pm	5pm - 6.30pm	5pm - 6.15pm	6.30pm - 7.45pm			
15/05/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am		School Carnival	7:30am - 3pm	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm			
16/05/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
17/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am						
	Fri PM	Training Cancelled	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
18/05/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am				NSW Multi Class Meet	8am - 11am	
								NSW Qualifying Meet (S/C)	11:30pm - 5pm	
19/05/2024	Sun								NSW Qualifying Meet (S/C)	7:30am - 5pm
20/05/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		6.30pm - 7.45pm			
21/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am						
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
22/05/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm			
23/05/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
24/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am						
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
25/05/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am				Swim Metro South West Championships (S/C)	8am - 5pm	
26/05/2024	Sun								Swim Metro South West Championships (S/C)	8am - 5pm
27/05/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		6.30pm - 7.45pm			
28/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am						
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
29/05/2024	Wed AM	5am - 7am			5am - 7am	5am - 7am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm			
30/05/2024	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Carnival	12pm - 4:30pm	
	Thu PM	4.30pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
31/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am				School Carnival	8am - 3:30pm	
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				

Training Cancelled  
Training Change  
Pool Session - Training Pool