COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 May 2024

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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		
4/05/0004	Wed AM	5am - 7am	,		5am - 7am	5am - 7am			T
1/05/2024	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		
	Fri AM	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	Term opini management	.p			
5/05/2024	Sun					<u> </u>			
6/05/2024	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am			
	Mon PM	Training Cancelled	cam ram	Training Cancelled	Training Cancelled	94 74	6.30pm - 7.45pm	School Carnival	5pm - 9:30pm
7/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am	Training Carrooned		0.00pm 7.10pm	School Carnival	8am - 4pm
	Tue PM	- Cam Fam	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm	2011001 041111141	ou ip
	Wed AM	5am - 7am	4рііі б.борііі	триг олоории	5am - 7am	5am - 7am	олории т.нории		
8/05/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	oun run	oun run	6.30pm - 7.45pm		
9/05/2024	Thu AM	4рт 0.00рт	5am - 7am	5am - 7am	5am - 7am	5am - 7am	олории т.нории		
	Thu PM	Training Cancelled	Jani - Tani	Jain - Tain	Training Cancelled	Training Cancelled	6.30pm - 7.45pm	NSW Sydney Open	7.30am - 9pm
	Fri AM	5am - 7am	5am - 7am	5am - 7am	Training Cancelled	Training Cancelled	0.50pm - 7.45pm		
10/05/2024	Fri PM	Training Cancelled	Training Cancelled	Training Cancelled	Training Cancelled	Training Cancelled		NSW Sydney Open	7.30am - 9pm
	Sat AM	•	Training Cancelled	, , , , , , , , , , , , , , , , , , ,		·		NCW Cudney Onen	7 20am 0nm
		Training Cancelled		6am - 7.30am	6am - 7.30am	6am - 7.30am		NSW Sydney Open	7.30am - 9pm
12/05/2024 13/05/2024	Sun	F 7	F 7	1	F 7	F 7		School Carnival	
	Mon AM	5am - 7am	5am - 7am	5 C 20	5am - 7am	5am - 7am	0.00 7.45		7:30am - 5pm
14/05/2024	Mon PM	5pm - 6.30pm	F 7	5pm - 6.30pm	5pm - 6.30pm		6.30pm - 7.45pm	School Carnival	7:30am - 5pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am	5 0.00	5 0.45	2.00 7.45		
	Tue PM		5pm - 6.30pm	5pm - 6.30pm	5pm - 6.30pm	5pm - 6.15pm	6.30pm - 7.45pm		
	Wed AM	5am - 7am			5am - 7am	5am - 7am		School Carnival	7:30am - 3pm
16/05/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
	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			T				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 25/05/2024	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			
	Sat AM	6am - 8am	6am - 8am	6am - 8am				Swim Metro South West Championships (S/C)	8am - 5pm
26/05/2024 27/05/2024	Sun							Swim Metro South West Championships (S/C)	8am - 5pm
	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am			
28/05/2024 29/05/2024	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm		6.30pm - 7.45pm		
	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		
	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	School Carnival	
21/05/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am				School Carnival	8am - 3:30pm
31/05/2024	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