

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 July 2024

| July 2024  |        | Senior Performance        | National Age Performance  | State Competition                 | Junior Competition  | Transition Competition                            | Events                            |                                      |               |
|------------|--------|---------------------------|---------------------------|-----------------------------------|---|---|-----------------------------------|--------------------------------------|---------------|
|            |        | James Greadhead           | Daniel Benvenuti          | Pancha Thambo                     | William Choi - Mon<br>Pancha Thambo - Tue, Wed, Thu<br>Daniel Benvenuti - Fri | William Choi                                      |                                   |                                      |               |
| 1/07/2024  | Mon AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   |   |                                   |                                      |               |
|            | Mon PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      | 4pm - 6pm   |   |                                   |                                      |               |
| 2/07/2024  | Tue AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   | TRAINING POOL: 5.15am - 6.15am<br>6.15am - 7.15am |                                   |                                      |               |
|            | Tue PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 3/07/2024  | Wed AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Wed PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      |   |   |                                   |                                      |               |
| 4/07/2024  | Thu AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   |   |                                   |                                      |               |
|            | Thu PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 5/07/2024  | Fri AM | 5am - 7am                 |                           | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Fri PM | 4pm - 6.30pm - Parramatta | 4pm - 6.30pm - Parramatta | Training Cancelled - Fri AM added |   | Training Cancelled - TUE AM added                 | NSW Country Championships (S/C)   | 12.30pm - 7pm                        |               |
| 6/07/2024  | Sat AM | 6am - 8am                 | 6am - 7.30am              | 6am - 7.30am                      |   |   | NSW Country Championships (S/C)   | 7.30am - 5.30pm                      |               |
| 7/07/2024  | Sun    |                           |                           |                                   |   |   | NSW Country Championships (S/C)   | 7.30am - 5.30pm                      |               |
| 8/07/2024  | Mon AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   |   |                                   |                                      |               |
|            | Mon PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      | 4pm - 6pm   |   |                                   |                                      |               |
| 9/07/2024  | Tue AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   |   |                                   |                                      |               |
|            | Tue PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 10/07/2024 | Wed AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Wed PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      |   |   |                                   |                                      |               |
| 11/07/2024 | Thu AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   |   |                                   |                                      |               |
|            | Thu PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 12/07/2024 | Fri AM | 5am - 7am                 |                           | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Fri PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      |   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 13/07/2024 | Sat AM | 6am - 8am                 | 6am - 8am                 | 6am - 8am                         |   |   |                                   |                                      |               |
| 14/07/2024 | Sun    |                           |                           |                                   |   |   |                                   | Masters Relay Meet 2024 (S/C)        | 9am - 3pm     |
| 15/07/2024 | Mon AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   |   |                                   |                                      |               |
|            | Mon PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      | 4pm - 6pm   |   |                                   |                                      |               |
| 16/07/2024 | Tue AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   | TRAINING POOL: 5.15am - 6.15am<br>6.15am - 7.15am |                                   |                                      |               |
|            | Tue PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 17/07/2024 | Wed AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Wed PM | 4pm - 6.30pm              | 4pm - 6.30pm              | 4pm - 6.30pm                      |   |   |                                   |                                      |               |
| 18/07/2024 | Thu AM | 5am - 7am                 | 5am - 7am                 | 5am - 7am                         |   |   |                                   |                                      |               |
|            | Thu PM |                           |                           |                                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm                   |                                   |                                      |               |
| 19/07/2024 | Fri AM | 5am - 7am                 |                           | 5am - 7am                         | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am                |                                   |                                      |               |
|            | Fri PM | Training Cancelled        |                           |                                   |   |   | Training Cancelled - TUE AM added | NSW Metropolitan Championships (S/C) | 12.30pm - 7pm |
| 20/07/2024 | Sat AM | Training Cancelled        |                           |                                   |   |   |                                   | NSW Metropolitan Championships (S/C) | 7.30am - 7pm  |

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| July 2024  |        | Senior Performance | National Age Performance | State Competition | Junior Competition  | Transition Competition             | Events  |              |
|------------|--------|--------------------|--------------------------|-------------------|---|------------------------------------|---|--------------|
|            |        | James Greadhead    | Daniel Benvenuti         | Pancha Thambo     | William Choi - Mon<br>Pancha Thambo - Tue, Wed, Thu<br>Daniel Benvenuti - Fri | William Choi                       |   |              |
| 21/07/2024 | Sun    |                    |                          |                   |   |                                    | NSW Metropolitan Championships (S/C)            | 7.30am - 7pm |
| 22/07/2024 | Mon AM | 5am - 7am          | 5am - 7am                | 5am - 7am         | 5am - 7am   |                                    |   |              |
|            | Mon PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      | 4pm - 6pm   |                                    |   |              |
| 23/07/2024 | Tue AM | 5am - 7am          | 5am - 7am                | 5am - 7am         |   |                                    |   |              |
|            | Tue PM |                    |                          |                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 24/07/2024 | Wed AM | 5am - 7am          | 5am - 7am                |                   | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am |   |              |
|            | Wed PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      |   |                                    |   |              |
| 25/07/2024 | Thu AM | 5am - 7am          | 5am - 7am                | 5am - 7am         |   |                                    |   |              |
|            | Thu PM |                    |                          |                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 26/07/2024 | Fri AM | 5am - 7am          |                          |                   | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am |   |              |
|            | Fri PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      |   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 27/07/2024 | Sat AM | 6am - 8am          | 6am - 8am                | 6am - 8am         |   |                                    |   |              |
| 28/07/2024 | Sun    |                    |                          |                   |   |                                    | Aquablitz Meet (S/C)                            | 8am - 3pm    |
| 29/07/2024 | Mon AM | 5am - 7am          | 5am - 7am                | 5am - 7am         | 5am - 7am   |                                    |   |              |
|            | Mon PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      | 4pm - 6pm   |                                    |   |              |
| 30/07/2024 | Tue AM | 5am - 7am          | 5am - 7am                | 5am - 7am         |   |                                    |   |              |
|            | Tue PM |                    |                          |                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 31/07/2024 | Wed AM | 5am - 7am          | 5am - 7am                |                   | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am |   |              |
|            | Wed PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      |   |                                    |   |              |
| 1/08/2024  | Thu AM | 5am - 7am          | 5am - 7am                | 5am - 7am         |   |                                    |   |              |
|            | Thu PM |                    |                          |                   | 4pm - 6pm   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 2/08/2024  | Fri AM | 5am - 7am          |                          |                   | 5am - 7am   | 5.15am - 6.15am<br>6.15am - 7.15am |   |              |
|            | Fri PM | 4pm - 6.30pm       | 4pm - 6.30pm             | 4pm - 6.30pm      |   | 4pm - 5.15pm<br>5.15pm - 6.30pm    |   |              |
| 3/08/2024  | Sat AM | 6am - 8am          | 6am - 8am                | 6am - 8am         |   |                                    |   |              |
| 4/08/2024  | Sun    |                    |                          |                   |   |                                    | Swimming Metro South West Qualifying Meet (S/C) | 8am - 5pm    |

Training Cancelled  
 Training Change  
 Pool Session - Training Pool