

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 30 September 2024

Oct 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events		
30/09/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm				
1/10/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
2/10/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15am - 6.15am 6.15am - 7.15am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
3/10/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
4/10/2024	Fri AM	5am - 7am			5am - 7am	5.15am - 6.15am 6.15am - 7.15am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm			
5/10/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Aqua Blitz Meet	8am - 5pm	
6/10/2024	Sun						Metro South East Qualifying Meet	8am - 4.30pm	
7/10/2024	Mon AM	6am - 8.30am	6am - 8.30am	6am - 8.30am	6am - 8.30am		Public Holiday - Aquatic Centre	6am - 7pm	
	Mon PM	No Training							
8/10/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
9/10/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
10/10/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
11/10/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	SOPAC Swim Club Carnival	6.30pm - 8pm	
12/10/2024	Sat AM	6am - 8am	6am - 7.30am	6am - 7.30am			SNSW Qualifying Meet	7.30am - 6pm	
13/10/2024	Sun							SNSW Qualifying Meet	7.30am - 6pm
14/10/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
15/10/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
16/10/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
17/10/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
18/10/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm			

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 30 September 2024

Oct 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events	
19/10/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Swimming Metro South East District Meet	8am - 3.30pm
20/10/2024	Sun						Swimming Metro South East District Meet	8am - 3.30pm
21/10/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
22/10/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
23/10/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am		
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
24/10/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
25/10/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm		
26/10/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Swimming Metro South West District Meet	8am - 5.30pm
27/10/2024	Sun						Swimming Metro South West District Meet	8am - 5.30pm
28/10/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
29/10/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am			NSWCCC Junior Water Polo Championship	8.30am - 1.30pm
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
30/10/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am	NSWCCC Open Water Polo Championship	8.30am - 1.30pm
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
31/10/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
1/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm		
2/11/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Swimming Metro North West District Meet Diving NSW Metro Championships	8am - 5.30pm 8am - 5pm
3/11/2024	Sun						Swimming Metro North West District Meet Diving NSW Metro Championships	8am - 5.30pm 8am - 5pm

Training Cancelled
Training Change
Pool Session - Training Pool
Pool Session - Diving Pool