

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 16 September 2024

Sep 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events	
9/09/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Carnival	9am - 2pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm			
10/09/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
11/09/2024	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				
12/09/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.15am - 6.15am 6.15am - 7.15am		
	Thu PM				4pm - 6pm	Cancelled - changed to AM session		
13/09/2024	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		
14/09/2024	Sat AM	6am - 8.30am	6am - 8.30am	6am - 8.30am				
15/09/2024	Sun						Diving NSW 1st Interclub Championships	9am - 5pm
16/09/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm			
17/09/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
18/09/2024	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				
19/09/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.15am - 6.15am 6.15am - 7.15am		
	Thu PM				4pm - 6pm	Cancelled - changed to AM session		
20/09/2024	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	SOPAC Swim Club Carnival	6.30pm - 8pm
21/09/2024	Sat AM	6am - 8.30am	6am - 8.30am	6am - 8.30am				
22/09/2024	Sun							
23/09/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm			
24/09/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
25/09/2024	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				
26/09/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
	Thu PM				4pm - 6pm	Cancelled - Attend alternative sessions		
27/09/2024	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		
28/09/2024	Sat AM	6am - 8.30am	6am - 8.30am	6am - 8.30am				
29/09/2024	Sun							

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