COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 March 2025

March 2025		Banksia James Greathead	Acacia George Hanretty	Wattle Daniel Benvenuti	Waratah Anne Donaire	Bottlebrush Matt Wilson	Events
2/03/2025	Sun						
3/03/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Mon PM	Granville	Granville	Cabarita		Cancelled	Carnival 8.00am-5.00pm & Carnival 6.30pm-10.00pm
4/03/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Tue PM				Cancelled	Cancelled	Carnival
5/03/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Wed PM	Granville	Granville	Cancelled			Carnival
6/03/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Thu PM				Cancelled	Cancelled	Carnival
7/03/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Fri PM	Granville	Cancelled	Cancelled	0.00 7.00	Cancelled	Carnival
8/03/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am		Carnival
9/03/2025	Sun					5.45 7.00	
10/03/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Mon PM	Granville	Granville	cancelled		Cancelled	Carnival
11/03/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am	
	Tue PM				4pm - 6.00pm	4pm - 5.15pm	
		F 7	F 7	F 7		5.15pm - 6.30pm	
12/03/2025 13/03/2025 14/03/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	F 7		
	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Thu PM	F 7	F		Cancelled	Cancelled	Carnival
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	5.45am-7.00am	Carnival
45/00/0005	Fri PM	Granville	Cancelled	Cancelled	7.00	Cancelled	Carnival
15/02/2025	Sat AM	6am - 7.30am	6am - 7.30am	6am - 7.30am	6am - 7.30am		Carnival
16/03/2025 17/03/2025	Sun	Fam. 7am	Farr. 7am	Fam. 7am.	Fam. 7am.		
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4 5.45	
	Mon PM	4pm - 6.30pm	4	4pm - 6.30pm		4pm - 5.15pm	
18/03/2025	T	F 7	4pm - 6.30pm			5.15pm - 6.30pm	
	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am	
	Tue PM				4pm - 6.00pm	4pm - 5.15pm	
	101 - 1 0 0 4	F 7	F 7		F 7	5.15pm - 6.30pm	
19/03/2025	Wed AM	5am - 7am	5am - 7am	4 0.00	5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
20/03/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4 5.45	
	Thu PM				4pm - 6.00pm	4pm - 5.15pm	
	E-1 444	F 7	F 7	F 7	F 7	5.15pm - 6.30pm	
21/03/2025	Fri AM	5am - 7am Cancelled	5am - 7am Cancelled	5am - 7am	5am - 7am	5.45am-7.00am	0
22/03/2025	Fri PM Sat AM	6am - 7.30am	6am - 7.30am	Cancelled 6am - 7.30am	6am - 7.30am	Cancelled	Carnival
23/03/2025	Sat Aivi	bam - 7.30am	bam - 7.30am	bam - 7.30am	bam - 7.30am		Carnival
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
24/03/2025	Mon PM	Granville	Granville	Cancelled	Saill - 7 aill	Cancelled	Carnival
				-			Camivai
25/03/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am-7.00am	
	Tue PM				4pm - 6.00pm	4pm - 5.15pm	
26/03/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.15pm - 6.30pm 5.45am-7.00am	
	Wed PM				Dam - /am	5.45am-7.00am	
		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
27/03/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4 5.45	
	Thu PM				4pm - 6.00pm	4pm - 5.15pm	
		Fam. 7	F 7	F 7		5.15pm - 6.30pm	
28/03/2025	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
	Fri PM	Granville	Cancelled	Cancelled	0	Cancelled	Carnival
29/03/2025		6am-8.00am	6am-8.00am	6am-8.00am	6am-8.00am		
30/03/2025 31/03/2025	Sun	-		-			
	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm	
		1 state	4pm - 6.30pm	1	1	5.15pm - 6.30pm	I .

Training Cancelled
Training Change
Pool Session - Training Pool