COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 April 2025

April 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
1/04/2025	Tue AM Tue PM	5am - 7am	5am - 7am	5am - 7am	4pm - 6.00pm	4 5.45 0
2/04/2025	Wed AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm Only 5.45am-7.00am
	Wed PM	Utility lanes 4-7	Cancelled	Cancelled	Jan Tan	3.43aiii-7.00aiii
3/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
4/04/2025					Jaiii - 7aiii	4pm - 5.15pm
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm
5/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
6/04/2025	Sun Mon AM	5am - 7am	5am - 7am		5am - 7am	
7/04/2025				Wattle Squad Break	Jaiii - 7aiii	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			5.15pm - 6.30pm
8/04/2025 9/04/2025	Tue AM	5am - 7am	5am - 7am			
	Tue PM				4pm - 6.00pm	4pm - 5.15pm
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm		Jun 7um	5.45am 7.05am
10/04/2025	Thu AM	5am - 7am	5am - 7am			
	Thu PM				4pm - 6.00pm	4pm - 5.15pm
	Fri AM	5am - 7am	Fom 7om		5am - 7am	5.15pm - 6.30pm
11/04/2025			5am - 7am		Sam - 7am	5.45am-7.00am 4pm - 5.15pm
	Fri PM	4pm - 6.30pm	4pm - 6.30pm			5.15pm - 6.30pm
12/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am		6.00am-8.00am	
13/04/2025	Sun				T	
14/04/2025	Mon AM	5am - 7am	5am - 7am		Waratah Squad Break	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm			4pm - 5.15pm 5.15pm - 6.30pm
15/04/2025	Tue AM	5am - 7am	5am - 7am			олории олоории
	Tue PM			Wattle Squad Break		4pm - 5.15pm
						5.15pm - 6.30pm
16/04/2025	Wed AM Wed PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm			5.45am-7.00am
	Thu AM	5am - 7am	5am - 7am			
17/04/2025	Thu PM					4pm - 5.15pm
	THUTTW					5.15pm - 6.30pm
18/04/2025	Fri AM			EASTER		
	Fri PM			LASTER		
19/04/2025	Sat AM					
20/04/2025	Sun					
21/04/2025	Mon AM	Banksia Squad break	Acacia Squad Break	Wattle Squad Break	Waratah Squad Break	
	Mon PM					
	Tue AM					
22/04/2025	Tue PM					4pm - 5.15pm
						5.15pm - 6.30pm
23/04/2025	Wed AM					5.45am-7.00am
	Wed PM Thu AM					
24/04/2025						4pm - 5.15pm
	Thu PM					5.15pm - 6.30pm
25/04/2025	Fri AM					
	Fri PM			ANZAC DAY		
26/04/2025	Sat AM	Banksia Squad Break	Acacia Squad Break			
27/04/2025	Sun	Darmola Oquad Dieak	, locola Oquau Dieak			
28/04/2025	Mon AM	5am - 7am	- Acacia Squad Break	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Tue AM	5am - 7am		5am - 7am		5.15pm - 6.30pm
29/04/2025		Jaiii - 1 aiii		Jaiii - Taiii		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
	Wed AM	5am - 7am			5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm		4pm - 6.30pm	ı	

Training Cancelled
Training Change
Pool Session - Training Pool