## COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 May 2025

May 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson
1/05/2025	Thu AM	5am - 7am		5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
2/05/2025	Fri AM	5am - 7am	SQUAD BREAK		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Sat AM	6.00am-8.00am	-	6.00am-8.00am	6.00am-8.00am	5.15pm - 6.30pm
3/05/2025 4/05/2025	Sat Aivi	6.00am-6.00am		6.00am-8.00am	6.00am-8.00am	
5/05/2025	Mon AM	5am - 7am		5am - 7am	5am - 7am	
	Mon PM	Cancelled	-	Cancelled 5am - 7am		Cancelled
6/05/2025	Tue AM	5am - 7am		5am - 7am		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
7/05/2025	Wed AM	5am - 7am		4 0.00	5am - 7am	5.45am-7.00am
	Wed PM Thu AM	4pm - 6.30pm 5am - 7am	SQUAD BREAK	4pm - 6.30pm 5am - 7am		
8/05/2025		Jam 7am		odin 7din	4	4pm - 5.15pm
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm
9/05/2025	Fri AM	5am - 7am	_		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
10/05/2025	Sat AM	6.00am-8.00am		6.00am-8.00am	6.00am-8.00am	оттор отоор
11/05/2025	Sun					
12/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		5.15pm - 6.30pm
13/05/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		
	Tue PM				4pm - 6.00pm	4pm - 5.15pm
4.4/05/0005	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am
14/05/2025	Wed PM	4.30pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm		
15/05/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4 5.45
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
16/05/2025	Fri PM	5am - 7am			5am - 7am	5.45am-7.00am
	Fri PM	Cancelled	Cancelled	Cancelled	200 700	Cancelled
17/05/2025 18/05/2025	Sat AM Sun	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
19/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Tue AM	5am - 7am	4pm - 6.15pm 5am - 7am	5am - 7am		5.15pm - 6.30pm
20/05/2025		Sam - ram	Jam - Pam	Jani - 7 am	45.55 6.005.55	4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
21/05/2025	Wed AM Wed PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.15pm	4pm - 6.30pm	5am - 7am	5.45am-7.00am
00/05/0505	Thu AM	5am - 7am	5am - 7am	5am - 7am		
22/05/2025	Thu PM				4.30pm - 6.30pm	5.15pm - 6.30pm
23/05/2025	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
24/05/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
25/05/2025	Sun Mon AM	Form 70m	Form 70m	Form 70m	For 7000	
26/05/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		5.15pm - 6.30pm
27/05/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am		4
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
28/05/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.15pm	4pm - 6.30pm		
29/05/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm
30/05/2025	Fri AM	5am - 7am			5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm	1nm 6.45	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
31/05/2025	Sat AM	6.00am-8.00am	4pm - 6.15pm 6.00am-8.00am	CANCELLED	CANCELLED	5. 13pm - 6.30pm
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Training Cancelled
Training Change
Pool Session - Training Pool