COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 July 2025

July 2025		Banksia James Greathead	Acacia	Wattle Daniel Benvenuti	Waratah Anne Donaire	Bottlebrush Matt Wilson
			George Hanretty			
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
1/07/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm
2/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jan - Tan	J.4Jam-7.00am
	Thu AM	5am - 7am	5am - 7am	5am - 7am		
3/07/2025		oun run	Jan 7am			4pm - 5.15pm
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm
4/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
4/07/2025	Fri PM	CANCELLED		CANCELLED		CANCELLED
5/07/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
6/07/2025	Sun					
7/07/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		CANCELLED
	Tue AM	5am - 7am	5am - 7am	5am - 7am		
8/07/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm
		For Zon	Form Zorm		Earra Zarra	5.15pm - 6.30pm
9/07/2025	Wed AM Wed PM	5am - 7am	5am - 7am	100mm 6 20mm	5am - 7am	5.45am-7.00am
	Thu AM	4.00pm - 6.30pm 5am - 7am	4.00pm - 6.30pm 5am - 7am	4.00pm - 6.30pm 5am - 7am		
10/07/2025		Jam - Tam	Jam - 7am	Jam - 7am		4pm - 5.15pm
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm
	Fri PM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
11/07/2025		-		Apr 6.00		4pm - 5.15pm
	Fri PM	4.00pm - 6.30pm		4pm - 6.30pm		5.15pm - 6.30pm
12/07/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	
13/07/2025	Sun		r	r	,	
14/07/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	
	Mon PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
	Tue AM		4pm - 6.30pm 5am - 7am			5.15pm - 6.30pm
15/07/2025	Tue AM	5am - 7am	Sam - 7am	5am - 7am		4pm - 5.15pm
	Tue PM				4pm - 6.00pm	5.15pm - 6.30pm
16/07/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
17/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu DM				4.00mm 6.00mm	4pm - 5.15pm
	Thu PM				4.00pm - 6.00pm	5.15pm - 6.30pm
18/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	CANCELLED		CANCELLED		CANCELLED
19/07/2025	Sat AM	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	6.00am-7.30am	
20/07/2025	Sun N4		5 - ··· 7 - ···	5 7	57	
21/07/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4pm - 5.15pm
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
	Tue AM	5am - 7am	5am - 7am	5am - 7am		0.10pm - 0.00pm
22/07/2025	Tue PM				4pm - 6.00pm	CANCELLED
00/07/0005	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
23/07/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
24/07/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am		
	Thu PM				4pm - 6.00pm	4pm - 5.15pm
						5.15pm - 6.30pm
25/07/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am
	Fri PM	4pm - 6.30pm		4pm - 6.30pm		4pm - 5.15pm
		6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	5.15pm - 6.30pm
		0.00am-0.00am	0.00am-0.00am	0.00am-0.00am	0.00am-0.00am	
26/07/2025	Sat AM				5am - 7am	
26/07/2025	Sun	5am - 7am	5am - 7am	5am - 7am		
26/07/2025 <mark>27/07/2025</mark>	Sun Mon AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm
26/07/2025 27/07/2025 28/07/2025	Sun	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm
26/07/2025 <mark>27/07/2025</mark>	Sun Mon AM					
26/07/2025 <mark>27/07/2025</mark>	Sun Mon AM Mon PM Tue AM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		
26/07/2025 27/07/2025 28/07/2025	Sun Mon AM Mon PM Tue AM Tue PM	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am	4pm - 6.30pm	4pm - 6.00pm	5.15pm - 6.30pm 4pm - 5.15pm 5.15pm - 6.30pm
26/07/2025 27/07/2025 28/07/2025	Sun Mon AM Mon PM Tue AM Tue PM Wed AM	4pm - 6.30pm 5am - 7am 5am - 7am	4pm - 6.30pm 5am - 7am 5am - 7am	4pm - 6.30pm 5am - 7am		5.15pm - 6.30pm 4pm - 5.15pm 5.15pm - 6.30pm
26/07/2025 27/07/2025 28/07/2025 29/07/2025	Sun Mon AM Mon PM Tue AM Tue PM Wed AM Wed PM	4pm - 6.30pm 5am - 7am 5am - 7am 4pm - 6.30pm	4pm - 6.30pm 5am - 7am 5am - 7am 4pm - 6.30pm	4pm - 6.30pm 5am - 7am 4pm - 6.30pm	4pm - 6.00pm	5.15pm - 6.30pm 4pm - 5.15pm 5.15pm - 6.30pm
26/07/2025 27/07/2025 28/07/2025 29/07/2025	Sun Mon AM Mon PM Tue AM Tue PM Wed AM	4pm - 6.30pm 5am - 7am 5am - 7am	4pm - 6.30pm 5am - 7am 5am - 7am	4pm - 6.30pm 5am - 7am	4pm - 6.00pm	5.15pm - 6.30pm

Training Cancelled Training Change Pool Session - Training Pool