

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 May 2026

| May 2026   |        | Banksia         | Acacia          | Wattle        | Waratah      | Bottlebrush                     | Events                             | Lanes   |
|------------|--------|-----------------|-----------------|---------------|--------------|---------------------------------|------------------------------------|---|
|            |        | James Groathead | George Harnetty | Chelsea Black | Ian Park     | Jorden/Gus/Matthew              |                                    |   |
| 1/05/2026  | Fri AM | 5am - 7am       | 5:30am - 7am    |               | 5:30am - 7am | 5.45am-7.00am                   | Carnival (7:30am - 4pm)            | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Fri PM |                 |                 | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 2/05/2026  | Sat AM | 6am - 8am       | 6am - 8am       | 6am - 8am     | 6am - 8am    |                                 |                                    | Comp 4 - 9 and Utility 0 - 7 (6am - 8am)        |
| 3/05/2026  | Sun    |                 |                 |               |              |                                 | Carnival (8am - 5pm)               |   |
| 4/05/2026  | Mon AM | 5am - 7am       | 5am - 7am       | 5am - 7am     | 5am - 7am    | 5.45am-7.00am                   | Carnival (5pm - 9:30pm)            | Comp 0 - 9 (5am - 7am) and TP 5 - 8 (5am - 7am) |
|            | Mon PM | Cancelled       | Cancelled       | Cancelled     |              | Moved to Mon AM                 |                                    | No Lanes PM                                     |
| 5/05/2026  | Tue AM | 5am - 7am       | 5am - 7am       | 5am - 7am     |              |                                 | Carnival (8am - 4pm)               | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Tue PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 6/05/2026  | Wed AM |                 |                 |               | 5am - 7am    | 5.45am-7.00am                   |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Wed PM | 4pm - 6:30pm    | 4pm - 6pm       | 4pm - 6:30pm  |              |                                 |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 7/05/2026  | Thu AM | 5am - 7am       | 5:30am - 7am    | 5:30am - 7am  |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Thu PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 8/05/2026  | Fri AM | 5am - 7am       | 5:30am - 7am    |               | 5am - 7am    | 5.45am-7.00am                   | SOPAC Race Night (6:30pm - 7:30pm) | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Fri PM |                 | 4pm - 6pm       | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 9/05/2026  | Sat AM | 6am - 8am       | 6am - 8am       | 6am - 8am     | 6am - 8am    |                                 | Carnival (8am - 4pm)               | Comp 0 - 9 and Utility 0 - 7 (6am - 8am)        |
| 10/05/2026 | Sun    |                 |                 |               |              |                                 | Carnival (8am - 4pm)               |   |
| 11/05/2026 | Mon AM | 5am - 7am       | 5am - 7am       | 5am - 7am     | 5am - 7am    |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Mon PM | 4pm - 6:30pm    | 4pm - 6pm       | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 12/05/2026 | Tue AM | 5am - 7am       | 5am - 7am       | 5:30am - 7am  |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Tue PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 13/05/2026 | Wed AM |                 |                 |               | 5am - 7am    | 5.45am-7.00am                   |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Wed PM | 4pm - 6:30pm    | 4pm - 6:30pm    | 4pm - 6:30pm  |              |                                 |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 14/05/2026 | Thu AM | 5am - 7am       | 5:30am - 7am    | 5am - 7am     |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Thu PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Utility 2 - 7 (4pm - 6:30pm)                    |
| 15/05/2026 | Fri AM | 5am - 7am       | 5:30am - 7am    |               | 5am - 7am    | 5.45am-7.00am                   | Carnival (7:30am - 9pm)            | Comp 0 - 9 (5am - 7am) and TP 5 - 8 (5am - 7am) |
|            | Fri PM |                 | Cancelled       | Cancelled     |              | Cancelled                       |                                    | No Lanes PM                                     |
| 16/05/2026 | Sat AM | 6am - 7:30am    | 6am - 7:30am    | 6am - 7:30am  | 6am - 7:30am |                                 | Carnival (7:30am - 9pm)            | Comp 4 - 9 and Utility 0 - 7 (6am - 7:30am)     |
| 17/05/2026 | Sun    |                 |                 |               |              |                                 | Carnival (7:30am - 9pm)            |   |
| 18/05/2026 | Mon AM | 5am - 7am       | 5am - 7am       | 5am - 7am     | 5am - 7am    |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Mon PM | 4pm - 6:30pm    | 4pm - 6:30pm    | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 19/05/2026 | Tue AM | 5am - 7am       | 5am - 7am       | 5am - 7am     |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Tue PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 20/05/2026 | Wed AM |                 | 5am - 7am       |               | 5am - 7am    | 5.45am-7.00am                   |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Wed PM | 4pm - 6:30pm    | 4pm - 6:30pm    | 4pm - 6:30pm  |              |                                 |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 21/05/2026 | Thu AM | 5am - 7am       | 5am - 7am       | 5am - 7am     |              |                                 | Carnival (12pm - 4:30pm)           | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Thu PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 22/05/2026 | Fri AM | 5am - 7am       | 5am - 7am       |               | 5am - 7am    | 5.45am-7.00am                   | Carnival (8am - 4:30pm)            | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Fri PM |                 |                 | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 23/05/2026 | Sat AM | 6am - 8am       | 6am - 8am       | 6am - 8am     | 6am - 8am    |                                 | Carnival (7:30am - 5:30pm)         | Comp 4 - 9 and Utility 0 - 7 (6am - 8am)        |
| 24/05/2026 | Sun    |                 |                 |               |              |                                 | Carnival (7:30am - 5:30pm)         |   |
| 25/05/2026 | Mon AM | 5am - 7am       | 5am - 7am       | 5am - 7am     | 5am - 7am    |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Mon PM | 4pm - 6:30pm    | 4pm - 6:30pm    | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 26/05/2026 | Tue AM | 5am - 7am       | 5am - 7am       | 5am - 7am     |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Tue PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 27/05/2026 | Wed AM |                 | 5am - 7am       |               | 5am - 7am    | 5.45am-7.00am                   |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Wed PM | 4pm - 6:30pm    | 4pm - 6:30pm    | 4pm - 6:30pm  |              |                                 |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 28/05/2026 | Thu AM | 5am - 7am       | 5am - 7am       | 5am - 7am     |              |                                 |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Thu PM | 4pm - 6:30pm    |                 |               | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 29/05/2026 | Fri AM | 5am - 7am       | 5am - 7am       |               | 5am - 7am    | 5.45am-7.00am                   |                                    | Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am) |
|            | Fri PM |                 |                 | 4pm - 6:30pm  |              | 4pm - 5.15pm<br>5.15pm - 6.30pm |                                    | Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)     |
| 30/05/2026 | Sat AM | 6am - 8am       | 6am - 8am       | 6am - 8am     | 6am - 8am    |                                 | Carnival (8am - 6pm)               | Comp 4 - 9 and Utility 0 - 7 (6am - 8am)        |
| 31/05/2026 | Sun    |                 |                 |               |              |                                 | Carnival (8am - 6pm)               |   |

Training Cancelled

Training Change

Pool Session - Training Pool