

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 August 2026

August 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events	Lanes
		TBD	George Harnetty	Chelsea Black	Ian Park	Jorden/Jesamine/Brianna		
1/08/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am - 5:30pm)	Comp 4 - 9 and Utility 0 - 7 (6am - 7:30am)
2/08/2026	Sun						Carnival (7:30am - 5:30pm)	
3/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
4/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
5/08/2026	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)
6/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
7/08/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Club Night (6:30pm - 7:30pm)	Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am)
	Fri PM		4pm - 6:30pm	4pm - 6:30pm		4pm - 5.15pm 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
8/08/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8:00am - 4:00pm)	Comp 4 - 9 and Utility 0 - 7 (6am - 8am)
9/08/2026	Sun						Carnival (8:00am - 5:00pm)	
10/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
11/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
12/08/2026	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)
13/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
14/08/2026	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 - 6:30pm		4pm - 5.15pm 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
15/08/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8:00am - 3:00pm)	Comp 4 - 9 and Utility 0 - 7 (6am - 8am)
16/08/2026	Sun						Carnival (8:00am - 5:00pm)	
17/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
18/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
19/08/2026	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)
20/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
21/08/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Carnival (12:30pm - 7:00pm)	Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am)
	Fri PM		Session Cancelled	Moved to Fri AM		Session Cancelled		No Lanes PM
22/08/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am - 5:30pm)	Comp 4 - 9 and Utility 0 - 7 (6am - 8am)
23/08/2026	Sun						Carnival (7:30am - 5:00pm)	
24/08/2026	Mon AM	5am - 7am	Acacia Squad Break	5am - 7am	5am - 7am			Comp 0 - 9 (5am - 7am) and TP 7 - 8 (5am - 7am)
	Mon PM	4pm - 6:30pm		4pm - 6:30pm		4pm - 5.15pm 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
25/08/2026	Tue AM	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
26/08/2026	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				Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
27/08/2026	Thu AM	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
28/08/2026	Fri AM	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)
29/08/2026	Sat AM	6am - 8am		6am - 8am	6am - 8am		Event (12:00pm - 12:00am)	Comp 4 - 9 and Utility 0 - 7 (6am - 8am)
30/08/2026	Sun						Event (12:00pm - 12:00am)	
31/08/2026	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 5.15pm - 6:30pm		Comp 4 - 9 and Utility 2 - 7 (4pm - 6:30pm)

Training Cancelled
Training Change
Pool Session - Training Pool