

**COMPETITIVE SQUAD TRAINING SCHEDULE**  
Effective: 27 May 2024

May & June 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events		
		James Greatehead	Daniel Benvenuti	Pancha Thambo	William Choi - Mon Pancha Thambo - Tue, Wed, Thu Daniel Benvenuti - Fri	William Choi			
27/05/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm				
28/05/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm			
	Tue PM				4pm - 6pm	5.15pm - 6.30pm			
29/05/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15am - 6.15am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		6.15am - 7.15am			
30/05/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4.30pm - 5.45pm		School Carnival 12pm - 4.30pm	
31/05/2024	Fri AM	5am - 7am			5am - 7am	5.45pm - 7pm			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15am - 6.15am		School Carnival 8am - 3.30pm	
1/06/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am		6.15am - 7.15am			
	Sun					4pm - 5.15pm		Swim Metro North East Championships (S/C) 11am - 3.30pm	
2/06/2024	Sun					5.15pm - 6.30pm		Swim Metro North East Championships (S/C) 8am - 3pm	
3/06/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm				
4/06/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm			
	Tue PM				4pm - 6pm	5.15pm - 6.30pm			
5/06/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15am - 6.15am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		6.15am - 7.15am			
6/06/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm			
7/06/2024	Fri AM	5am - 7am			5am - 7am	5.15pm - 6.30pm			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15am - 6.15am			
8/06/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am		6.15am - 7.15am			
	Sun					4pm - 5.15pm		Swim Metro North West Championships (S/C) 8am - 6pm	
9/06/2024	Sun					5.15pm - 6.30pm		Swim Metro North West Championships (S/C) 8am - 6pm	
10/06/2024	Mon AM	Training Cancelled Public Holiday - King's Birthday Aquatic Centre Closed							
	Mon PM								
11/06/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.15am - 6.15am			
	Tue PM				4pm - 6pm	6.15am - 7.15am			
12/06/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	4pm - 5.15pm			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm			
13/06/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am		5.15am - 6.15am			
	Thu PM				4pm - 6pm	6.15am - 7.15am			
14/06/2024	Fri AM	5am - 7am		5am - 7am	5am - 7am	4pm - 5.15pm			
	Fri PM	Parramatta Aquatic Centre: 4pm - 6pm		Training Cancelled - Fri AM added		5.15pm - 6.30pm		Royal Lifesaving Championships 3pm - 8pm	
15/06/2024	Sat AM	6am - 7.30am	6am - 7.30am	6am - 7.30am		6.15am - 7.15am		Royal Lifesaving Championships 7.30am - 5pm	
16/06/2024	Sun							Royal Lifesaving Championships 8.30am - 2.30pm	
17/06/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			Diving Inter Club Meet 9.30am - 5pm	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm				
18/06/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm			
	Tue PM				4pm - 6pm	5.15pm - 6.30pm			
19/06/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15am - 6.15am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		6.15am - 7.15am			
20/06/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm			
21/06/2024	Fri AM	5am - 7am			5am - 7am	5.15pm - 6.30pm			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15am - 6.15am		SOPAC Swim Club Carnival 6.30pm - 8pm	
22/06/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am		6.15am - 7.15am		Metro South East Championships (S/C) 8am - 4pm	
23/06/2024	Sun							Metro South East Championships (S/C) 8am - 4pm	
24/06/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm				
25/06/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		4pm - 5.15pm			
	Tue PM				4pm - 6pm	5.15pm - 6.30pm			
26/06/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15am - 6.15am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		6.15am - 7.15am			
27/06/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm			
28/06/2024	Fri AM	5am - 7am			5am - 7am	5.15pm - 6.30pm			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15am - 6.15am			
29/06/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am		6.15am - 7.15am			
	Sun					4pm - 5.15pm		Castle Hill Swim Club Meet (S/C) 8am - 5pm	
30/06/2024	Sun					5.15pm - 6.30pm		Hills Swimming Club Meet (S/C) 8am - 4pm	

Training Cancelled  
Training Change  
Pool Session - Training Pool