

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 March 2026

March 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
		James Greathead	George Harnetty	Chelsea Black	Matthew Kearney	Ian Park/Jorden Pavlovski	
1/03/2026	Sun						NSW State Artistic Swimming Comp (8am - 7pm)
2/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 5:30pm and 6:30pm - 10pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM	
3/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (7:30am - 3:30pm and 4:30pm - 9pm)
	Tue PM	4pm - 6.30pm			Moved to Tue AM	Moved to Tue AM	
4/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (7:30am - 2pm and 4pm - 8pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	Moved to Wed AM			
5/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 2:30pm and 3:30pm - 8pm)
	Thu PM	4pm - 6.30pm			Moved to Thu AM	Moved to Thu AM	
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
6/03/2026	Fri PM			Moved to Fri AM		Cancelled	SNSW State Open Championships (7:30am - 9pm)
	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		
7/03/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		SNSW State Open Championships (7:30am - 9pm)
8/03/2026	Sun						SNSW State Open Championships (7:30am - 9pm)
9/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (7:45am - 7pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM	
10/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 4pm and 5pm - 9:30pm)
	Tue PM	4pm - 6.30pm			Moved to Tue AM	Moved to Tue AM	
11/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (4pm - 8:30pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	Moved to Wed AM			
12/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 1pm and 4pm - 9pm)
	Thu PM	4pm - 6.30pm			Moved to Thu AM	Moved to Thu AM	
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	
13/03/2026	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	Carnival (7am - 3:30pm and 4:30pm - 7:30pm)
	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		
14/03/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Diving Carnival (8am - 5pm)
15/03/2026	Sun						Carnivals (8am - 5pm)
16/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Swimming Carnival (7:15am - 4pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
17/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			School Swimming Carnival (8:30am - 4pm)
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
18/03/2026	Wed AM		5am - 7am		5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 3:30pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
19/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			School Swimming Carnival (8am - 3:30pm)
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
20/03/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	SNSW Youth State Age Championships (2:30pm - 7pm)
	Fri PM			Moved to Fri AM		Cancelled	
21/03/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		SNSW Youth State Age Championships (7:30am - 6pm)
22/03/2026	Sun						SNSW Youth State Age Championships (7:30am - 6pm)
23/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8am - 1:45pm and 2:45pm - 8:30pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Cancelled		Moved to Mon AM	
24/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			School Swimming Carnival (8am - 4pm)
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
25/03/2026	Wed AM		5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	School Swimming Carnival (8:30am - 2:30pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
26/03/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			Aus Water Polo League Finals Series (12pm - 5:30pm)
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
27/03/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Aus Water Polo League Finals Series (10am - 6:30pm)
	Fri PM			4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
28/03/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Aus Water Polo League Finals Series (10am - 6:30pm)
29/03/2026	Sun						Aus Water Polo League Finals Series (10am - 6:30pm)
30/03/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		School Swimming Carnival (8:15am - 3:30pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
31/03/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			School Swimming Carnival (7:45am - 4pm)
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	

Training Cancelled

Training Change

Pool Session - Training Pool

Training Offsite