

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 May 2026

May 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
		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)
	Fri PM			4pm - 6:30pm		4pm - 5.15pm 5.15pm - 6.30pm	
2/05/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	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)
	Mon PM	Cancelled	Cancelled	Cancelled		Moved to Mon AM	
5/05/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			Carnival (8am - 4pm)
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
6/05/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6:30pm	4pm - 6:30pm			
7/05/2026	Thu AM	5am - 7am	5am - 7am	5:30am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
8/05/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	SOPAC Race Night (6:30pm - 7:30pm)
	Fri PM		4pm - 6:30pm	4pm - 6:30pm		4pm - 5.15pm 5.15pm - 6.30pm	
9/05/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8am - 4pm)
10/05/2026	Sun						Carnival (8am - 4pm)
11/05/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6.30pm	4pm - 6:30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
12/05/2026	Tue AM	5am - 7am	5am - 7am	5:30am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
13/05/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
14/05/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
15/05/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Carnival (7:30am - 9pm)
	Fri PM		Cancelled	Cancelled		Cancelled	
16/05/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am - 9pm)
17/05/2026	Sun						Carnival (7:30am - 9pm)
18/05/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
19/05/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
20/05/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
21/05/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4:30pm - 6.30pm			4:30pm - 6pm	4:30pm - 5.15pm 5.15pm - 6.30pm	Carnival (12pm - 4:30pm)
22/05/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Carnival (8am - 4:30pm)
	Fri PM		4:30pm - 6.30pm	4:30pm - 6.30pm		4:30pm - 5.15pm 5.15pm - 6.30pm	
23/05/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am - 5:30pm)
24/05/2026	Sun						Carnival (7:30am - 5:30pm)
25/05/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
26/05/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
27/05/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
28/05/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
29/05/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Carnival (8am - 6pm)
	Fri PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
30/05/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8am - 6pm)
31/05/2026	Sun						Carnival (8am - 6pm)

Training Cancelled

Training Change

Pool Session - Training Pool