

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 July 2026

July 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
		George Harnetty	George Harnetty	Chelsea Black	Ian Park	Gus/Jordan	
1/07/2026	Wed AM						
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
2/07/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
3/07/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Race Night (6:30pm - 7:30pm)
	Fri PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
4/07/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8:00am-6:30pm)
5/07/2026	Sun						Carnival (8:00am-5:30pm)
6/07/2026	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	
7/07/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
8/07/2026	Wed AM				5am - 7am		
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.45am-7.00am	
9/07/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
10/07/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Carnival (12:30pm-7:30pm)
	Fri PM		Session Cancelled	Session Moved to Fri AM		Session Cancelled	
11/07/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am-5:30pm)
12/07/2026	Sun						Carnival (7:30am-5:30pm)
13/07/2026	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	
14/07/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
15/07/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
16/07/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
17/07/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
	Fri PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
18/07/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		
19/07/2026	Sun						
20/07/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Event (8am-9pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	Session Cancelled		Session Moved to Mon AM	
21/07/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Event (8am-9pm)
	Tue PM				Session Moved to AM	Session Moved to Tue AM	
22/07/2026	Wed AM			5am - 7am	5am - 7am	5.45am-7.00am	Event (8am-9pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	Session Moved to Wed AM			
23/07/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Event (8am-9pm)
	Thu PM				Session Moved to AM	Session Moved to Thu AM	
24/07/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Event (8am-9pm)
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	Session Moved to Fri AM		Session Cancelled	
25/07/2026	Sat AM	6am - 8am	6am - 8am	Session Cancelled	Session Cancelled		Event (8am-9pm)
26/07/2026	Sun						Event (8am-9pm)
27/07/2026	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	
28/07/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
29/07/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
30/07/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
31/07/2026	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Carnival (12:30pm-7:30pm)
	Fri PM		Session Cancelled	Session Moved to Fri AM		Session Cancelled	

Training Cancelled

Training Change

Pool Session - Training Pool

Location Change - Auburn Aquatic Centre