

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 June 2022

Jun 2022		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth & Uni Competition	Events	
		Matt Brown	Ryan Frost	Daniel Benvenuti	Pancha Thambo	Alana Francis	Daniel Benvenuti		
1/06/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
2/06/2022	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm			
3/06/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am				NSW All Schools Championships	7:30am - 5:30pm
	Fri PM								
4/06/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am				Nepean Swim Club Carnival	10:30am - 4pm
5/06/2022	Sun							Warringah Engine Challenge	8am - 4:30pm
6/06/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
7/06/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
8/06/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
9/06/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am		Redlands Senior Swimming Carnival	8am - 3:30pm
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
10/06/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am		
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm			
11/06/2022	Sat AM	6am - 8am	6am - 7.30am	6am - 7.30am				Metro North West (SC)	7:30am - 5:30pm
12/06/2022	Sun							Metro North West (SC)	7:30am - 5:30pm
13/06/2022	Mon AM	Queen's Birthday Public Holiday - Aquatic Centre Closed							
	Mon PM								
14/06/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
15/06/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am		Redlands Junior School Carnival	8:30am - 3:30pm
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
16/06/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
17/06/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am		
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm			
18/06/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am				Metro North East (SC)	10am - 3pm
19/06/2022	Sun							Metro North East (SC)	8am - 3pm
20/06/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
21/06/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
22/06/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
23/06/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
24/06/2022	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am		
	Fri PM		4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm		SOPAC Race Night Carnival	6:30pm - 8pm
25/06/2022	Sat AM	6am - 8am	6am - 8am	6am - 8am				Metro South East	8am - 4pm
26/06/2022	Sun							Metro South East	8am - 4pm
27/06/2022	Mon AM	5am - 7am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
28/06/2022	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
29/06/2022	Wed AM	5am - 7am			5am - 6.45am	5am - 6.45am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
30/06/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		