

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 July 2022

July 2022		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth & Uni Competition Squad	Events		
		Matt Brown	Ryan Frost	Daniel Benvenuti	Pancha Thambo	Alana Francis	Daniel Benvenuti			
1/07/2022	Fri AM	5am - 7.15am	5am - 7am	5am - 7am			5.15am - 6.45am	SNSW Country Short Course Championships	2pm - 7pm	
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	5pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm				
2/07/2022	Sat AM	6am - 8am	6am - 7.30am	6am - 7.30am				SNSW Country Short Course Championships	7.30am - 5.30pm	
3/07/2022	Sun								SNSW Country Short Course Championships	7.30am - 5.30pm
4/07/2022	Mon AM	5am - 7.15am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am			
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm					
5/07/2022	Tue AM	5am - 7.15am	5am - 7am	5am - 7am				Diving Australia Junior Nationals 2022	9am - 6pm	
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
6/07/2022	Wed AM	5am - 7.15am			5am - 6.45am	5am - 6.45am		Diving Australia Junior Nationals 2022	9am - 6pm	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm						
7/07/2022	Thu AM		5am - 7am	5am - 7am	5am - 6.45am	5am - 6.45am		Diving Australia Junior Nationals 2022	9am - 6pm	
	Thu PM	4pm - 6.30pm		4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm				
8/07/2022	Fri AM	5am - 7.15am	5am - 7am	5am - 7am			5.15am - 6.45am	Diving Australia Junior Nationals 2022	9am - 6pm	
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm				
9/07/2022	Sat AM	6am - 8.30am	6am - 8am	6am - 8am				Diving Australia Junior Nationals 2022	9am - 6pm	
10/07/2022	Sun								Aussi Masters Relay Meet 2022	9am - 3pm
11/07/2022	Mon AM	5am - 7.15am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am			
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm					
12/07/2022	Tue AM	5am - 7.15am	5am - 7am	5am - 7am						
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
13/07/2022	Wed AM	5am - 7.15am			5am - 6.45am	5am - 6.45am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm						
14/07/2022	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				
15/07/2022	Fri AM	5am - 7.15am	5am - 7am	5am - 7am			5.15am - 6.45am	SNSW Metro Short Course Championships 2022	1.30pm - 7pm	
	Fri PM									
16/07/2022	Sat AM			6am - 7.30am				SNSW Metro Short Course Championships 2022	7.30am - 5.30pm	
17/07/2022	Sun								SNSW Metro Short Course Championships 2022	7.30am - 5.30pm
18/07/2022	Mon AM	5am - 7.15am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am			
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm					
19/07/2022	Tue AM	5am - 7.15am	5am - 7am	5am - 7am						
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
20/07/2022	Wed AM	5am - 7.15am			5am - 6.45am	5am - 6.45am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm						
21/07/2022	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				
22/07/2022	Fri AM	5am - 7.15am	5am - 7am	5am - 7am			5.15am - 6.45am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm				
23/07/2022	Sat AM	6am - 8.30am	6am - 8am	6am - 8am				NSW Uni Water Polo Cup 2022	8am - 8pm	
24/07/2022	Sun								NSW Uni Water Polo Cup 2022	8am - 8pm
25/07/2022	Mon AM	5am - 7.15am	5am - 7am		5am - 6.45am	5am - 6.45am	5.15am - 6.45am			
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm					
26/07/2022	Tue AM	5am - 7.15am	5am - 7am	5am - 7am						
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm			
27/07/2022	Wed AM	5am - 7.15am			5am - 6.45am	5am - 6.45am				
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm						
28/07/2022	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				
29/07/2022	Fri AM	5am - 7.15am	5am - 7am	5am - 7am			5.15am - 6.45am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm				
30/07/2022	Sat AM	TBC	6.00am or (SOPAC Meet)	SOPAC Meet	SOPAC Meet	SOPAC Meet	SOPAC Meet	SOPAC Swim Club Short Course Meet 2022	8am - 4pm	
31/07/2022	Sun								Aqua Blitz Short Course Meet 2022	8am - 3pm