

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 1 March 2021

March		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events
		Matt Brown	Ryan Frost	Kaz Suzuki	Daniel Benvenuti	James Traiforos	
1/03/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	Mount St Benedict: 9.00-2.00pm
1/03/2021	Mon PM	4.00-6.30pm		4.00-6.30pm	4.30-6.30pm	4.30-6.15pm	
2/03/2021	Tues AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Independant Primary: 7:30-4.00pm
2/03/2021	Tues PM		Cabarita (TBC)	Cancelled	Cancelled	Cancelled	NASSA Junior: 4:00-9:00pm
3/03/2021	Wed AM	5.00-7.15am		5.00-7.00am	5.15-6.45am	5.15-6.45am	Beecroft Zone: 8:30-2.30pm
3/03/2021	Wed PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	NASSA Senior 6:00-10.30pm
4/03/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	NorthWest Metro: 9:00-2:00pm
4/03/2021	Thu PM	Cabarita (TBC)			Cancelled	Cancelled	Metro Catholic (MCC): 4:00-8:00pm
5/03/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Kuring-Gai Zone: 8:00-3:00pm
5/03/2021	Fri PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	GPS: 6:00-10:00pm
6/03/2021	Sat AM	6.00-7:30am	6.00-7:30am	6.00-7:30am			NSW Speedo Finals: 7:30-5:00pm
7/03/2021	Sun	Sun	Sun	Sun	Sun	Sun	SOPAC Swim Club Carnival
8/03/2021	Mon AM	5.00-7.15am	5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	HICES: 8:00-3:30
8/03/2021	Mon PM	4.00-6.30pm		4.00-6.30pm	4.30-6.30pm	4.30-6.15pm	
9/03/2021	Tues AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Hills Zone: 8:00-6:00pm
9/03/2021	Tues PM		Cabarita (TBC)		Cancelled	Cancelled	Hills Zone: 8:00-6:00pm
10/03/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	Independant Sport Ass: 10:00-6.30pm
10/03/2021	Wed PM	Cabarita (TBC)	Cabarita (TBC)	4.00-6.30pm	Cancelled		Independant Sport Ass: 10:00-6.30pm
11/03/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	Broken Bay Schools: 8:30-3:30pm
11/03/2021	Thu PM	Cabarita (TBC)			Cancelled	Cancelled	CAS: 4:00pm-9:00pm
12/03/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			PDSSSC Swimming: 8:00-3:00pm
12/03/2021	Fri PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	Aussie Masters: 6:00-9:00pm
13/03/2021	Sat AM	6.00-8:15m	6.00-8:00am	6.00-8:00am			Diving NSW: 9:00-6:00pm
14/03/2021	Sun	Race	Race	Sun	Sun	Sun	
15/03/2021	Mon AM	5.00-7.15am	5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	Syd School Sport Ass: 7:30-3:30pm
15/03/2021	Mon PM	4.00-6.30pm		4.00-6.30pm	4.30-6.30pm	4.30-6.15pm	
16/03/2021	Tues AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Syd East School Sports: 7:30-2:30pm
16/03/2021	Tues PM		Cabarita (TBC)		Cancelled	Cancelled	Syd East Primary: 2:30-7:30pm
17/03/2021	Wed AM	5.00-7.15am		5.00-7.00am	5.15-6.45am	5.15-6.45am	Syd West: 7:30-3:30pm
17/03/2021	Wed PM	Cabarita (TBC)	Cabarita (TBC)	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	Metro Catholic: 6:00-10:00pm
18/03/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	CIS: 8:00-3:00pm
18/03/2021	Thu PM	Race	Cancelled	Cancelled	Cancelled	Cancelled	NSW State Open: 4:00-9:00pm
19/03/2021	Fri AM	Race	5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	NSW State Open: 7:30-6:00pm
19/03/2021	Fri PM	Race	Cancelled	Cancelled	Cancelled	Cancelled	NSW State Open: 7:30-6:00pm
20/03/2021	Sat AM	Race	6:00-7.30am	6:00-7.30am	6:00-7.30am	6:00-7.30am	NSW State Open: 7:30-6:00pm
21/03/2021	Sun	Sun	Sun	Sun	Sun	Sun	NSW State Open: 7:30-6:00pm
22/03/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	NSW Catholic Primary: 8:30-3:30pm
22/03/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			
23/03/2021	Tues AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Syd West School Sport: 7:30-3:30pm
23/03/2021	Tues PM		4.00-6.30pm	4.00-6.30pm	4:30-6.30pm	4:30-6.15pm	
24/03/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	AICES :8:30-3:00pm
24/03/2021	Wed PM	4.00-6.30pm	4.00-6.30pm	4.00-6.30pm	4:30-6.30pm		
25/03/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	Syd Nort School Sport: 7:30-3:30pm
25/03/2021	Thu PM	4.00-6.30pm			4:30-6.30pm	4:30-6.15pm	
26/03/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			IGSSA Swimming: 7:30-4:00pm
26/03/2021	Fri PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.30-6.00pm	4.30-6.00pm	
27/03/2021	Sat AM	6.00-7.30am	6.00-7.30am	Race	Race	Race	NSW Junior State: 7:30-6:00pm
28/03/2021	Sun	Sun	Sun	Sun	Sun	Sun	NSW Junior State: 7:30-6:00pm
29/03/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	NSW CCC: 7:30-5:00pm
29/03/2021	Mon PM	4.30-6.30pm		4.30-6.30pm (30mins dryland)			NSW CCC: 7:30-5:00pm
30/03/2021	Tues AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			Christian Schools: 8:00-3:00pm
30/03/2021	Tues PM		4.30-6.30pm	4.30-6.30pm	4.30-6.30pm		
31/03/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	NSW PSSA: 7:30-4:30pm
31/03/2021	Wed PM	4.30-6.30pm	4.30-6.30pm	4.30-6.30pm	4.30-6.30pm		

= Sessions changed due to carnival

= Change due to event