

COMPETITIVE SQUAD TRAINING SCHEDULE

Effective: 26 April 2021

May 2021		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events
		Matt Brown	Ryan Frost	Kaz Suzuki	Daniel Benvenuti	James Traiforos	
1/05/2021	Sat AM	6.00-8.15am		6.00-8.00am			
2/05/2021	Sun						
3/05/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	
3/05/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			
4/05/2021	Tue AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
4/05/2021	Tue PM		4.00-6.30pm	4.00-6.30pm	4.30-6.00pm	4.30-6.15pm	
5/05/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	
5/05/2021	Wed PM	4.00-6.30pm	4.00-6.30pm	4.00-6.30pm	4.30-6.30pm		
6/05/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	
6/05/2021	Thu PM	4.00-6.30pm	4.00-6.30pm		4.30-6.30pm	4.30-6.15pm	
7/05/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
7/05/2021	Fri PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	
8/05/2021	Sat AM	6.00-8:00am	6.00-8:00am	6.00-8:00am			Diving NSW 8.00-5.00pm (E)
9/05/2021	Sun						Diving NSW 8.00-5.00pm (E)
10/05/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	
10/05/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			
11/05/2021	Tue AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
11/05/2021	Tue PM		4.00-6.30pm	4.00-6.30pm	4.30-6.00pm	4.30-6.15pm	
12/05/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	
12/05/2021	Wed PM	4.00-6.30pm	4.00-6.30pm	4.00-6.30pm	4.30-6.30pm	4.30-6.30pm	
13/05/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	SNSW Sydney Open 7.00-9.00pm (D)
13/05/2021	Thu PM	Cancelled			Cancelled	Cancelled	SNSW Sydney Open 7.00-9.00pm (D)
14/05/2021	Fri AM	5.00-7.00am	5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	SNSW Sydney Open 7.00-9.00pm (D)
14/05/2021	Fri PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	SNSW Sydney Open 7.00-9.00pm (D)
15/05/2021	Sat AM	Cancelled	Cancelled	Cancelled			SNSW Sydney Open 7.00-9.00pm (D)
16/05/2021	Sun						SNSW Sydney Open 7.00-9.00pm (D)
17/05/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	
17/05/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			
18/05/2021	Tue AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
18/05/2021	Tue PM		4.00-6.30pm	4.00-6.30pm	4.30-6.00pm	4.30-6.15pm	
19/05/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	
19/05/2021	Wed PM	4.00-6.30pm	4.00-6.30pm	4.00-6.30pm	4.30-6.30pm		
20/05/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	
20/05/2021	Thu PM	4.00-6.30pm	4.00-6.30pm		4.30-6.30pm	4.30-6.15pm	
21/05/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
21/05/2021	Fri PM	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	4.00-6.00pm	
22/05/2021	Sat AM	6.00-8:15am	6.00-8:00am	6.00-8:00am			MS 24 Hour Mega Swim 9.30am Sat - 12.30pm Sun (D)
23/05/2021	Sun						
24/05/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	
24/05/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			
25/05/2021	Tue AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			
25/05/2021	Tue PM		4.00-6.30pm	4.00-6.30pm	4.30-6.00pm	4.30-6.15pm	
26/05/2021	Wed AM	5.00-7.15am			5.15-6.45am	5.15-6.45am	
26/05/2021	Wed PM	4.00-6.30pm	4.00-6.30pm	4.00-6.30pm	4.30-6.30pm		
27/05/2021	Thu AM		5.00-7.00am	5.00-7.00am	5.15-6.45am	5.15-6.45am	
27/05/2021	Thu PM	4.00-6.30pm	4.00-6.30pm		4.30-6.30pm	4.30-6.15pm	
28/05/2021	Fri AM	5.00-7.15am	5.00-7.00am	5.00-7.00am			NSW All Schools 7.30am-5.30pm (D/E)
28/05/2021	Fri PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	NSW All Schools 7.30am-5.30pm (D/E)
29/05/2021	Sat AM	6.00-8:00am	6.00-8:00am	6.00-8:00am			Metro North East S/C 8.00-3.00pm (D)
30/05/2021	Sun						Metro North East S/C 8.00-3.00pm (D)
31/05/2021	Mon AM	5.00-7.15am	5.00-7.00am		5.15-6.45am	5.15-6.45am	
31/05/2021	Mon PM	4.00-6.30pm		4.00-6.30pm			