

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 28th September 2026

Sep/Oct 2026		Banksia Ryan Frost	Acacia George Harnetty	Wattle TBD	Waratah Ian Park	Bottlebrush Jorden/Jesamine/Brianna	Events
28/09/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am-7.00am	Short Course Nationals (9:00am - 8:00pm)
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		Session Moved to AM	
29/09/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			Short Course Nationals (9:00am - 8:00pm)
	Tue PM	Session Cancelled			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
30/09/2026	Wed AM				5am - 7am	5.45am-7.00am	Short Course Nationals (9:00am - 8:00pm)
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
1/10/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			Short Course Nationals (9am - 8pm)
	Thu PM	Session Cancelled			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
2/10/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Short Course Nationals (9am - 8pm)
	Fri PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
3/10/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		
4/10/2026	Sun						
5/10/2026	Mon AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		
	Mon PM	Session Cancelled Public Holiday	Session Cancelled Public Holiday	Session Cancelled Public Holiday		Session Cancelled Public Holiday	
6/10/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
7/10/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
8/10/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
9/10/2026	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	
10/10/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Carnival (7:30am - 6pm)
11/10/2026	Sun						Carnival (7:30am - 6pm)
12/10/2026	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	
13/10/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
14/10/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
15/10/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
16/10/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	Club Night (6:30pm - 7:30pm)
	Fri PM		4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
17/10/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		
18/10/2026	Sun						Event (6am - 11am)
19/10/2026	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	
20/10/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
21/10/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
22/10/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
23/10/2026	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	
24/10/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (8am - 5pm)
25/10/2026	Sun						Carnival (8am - 5pm)
26/10/2026	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	
27/10/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
28/10/2026	Wed AM				5am - 7am	5.45am-7.00am	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
29/10/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm	
30/10/2026	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	
31/10/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Carnival (10am - 4pm)

Training Cancelled
Training Change
Pool Session - Training Pool