

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 31 October 2024

NOV 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events	
1/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm		
2/11/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Swimming Metro North West District Meet Diving NSW Metro Championships	8am - 5.30pm 8am - 5pm
3/11/2024	Sun							
4/11/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
5/11/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
6/11/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am		
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
7/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
8/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm		
9/11/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am			Metro North East Championships	11am - 3.30pm
10/11/2024	Sun						Metro North East Championships	8am - 3pm
11/11/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
12/11/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am - 7am		
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
13/11/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am		
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
14/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
15/11/2024	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am		
	Fri PM	4pm - 6.30pm	Cancelled - replacement Fri AM	Cancelled - replacement Fri AM		Cancelled - replacement Tue AM	School Swimming Carnival	5.45pm - 9pm
16/11/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am				
17/11/2024	Sun							
18/11/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
19/11/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am				
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		

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Effective: 31 October 2024

NOV 2024		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Events		
20/11/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
21/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
22/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm			
23/11/2024	Sat AM	6am - 7.30am	6am - 7.30am	6am - 7.30am			SNSW Junior Metro Championships Swimming	7.30am-5.30pm	
24/11/2024	Sun								
25/11/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am				
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
26/11/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
27/11/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm					
28/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am					
	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm			
29/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am			
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	SOPAC Swim Club Carnival	6.30pm - 8pm	
30/11/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am					
1/12/2024	Sun							Pink Triathlon	

- Training Cancelled
- Training Change
- Pool Session - Training Pool
- Pool Session - Diving Pool