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		
	Tue AM	5am - 7am	5am - 7am	5am - 7am				
5/11/2024	Tue PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am		
6/11/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
	Thu AM	5am - 7am	5am - 7am	5am - 7am				
7/11/2024	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		3.13рін - 0.30рін	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		
	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.45am - 7am		
12/11/2024	Tue PM				4pm - 6pm	4pm - 5.15pm		
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am - 7am		
13/11/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
	Thu AM	5am - 7am	5am - 7am	5am - 7am			_	
14/11/2024	Thu PM				4pm - 6pm	4pm - 5.15pm		
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.15pm - 6.30pm 5.45am - 7am		
15/11/2024	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		
19/11/2024	Tue AM	4ртт - 6.30ртт 5am - 7am	4рт - 6.30рт	4рт - 6.30рт	ч рш - орш	5.15pm - 6.30pm		
		oam - / am	pam - /am	pam - /am	4	4pm - 5.15pm		
	Tue PM				4pm - 6pm	5.15pm - 6.30pm		

COMPETITIVE SQUAD TRAINING SCHEDULE 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		
20/11/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
21/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
21/11/2024	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
22/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
22/11/2024	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						1 SNSW Junior Metro Championships Swimming 1.50am-5.30	
25/11/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am			
23/11/2024	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				
20/11//2024	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		
27/11/2024	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm				
28/11/2024	Thu AM	5am - 7am	5am - 7am	5am - 7am				
20/11/2024	Thu PM				4pm - 6pm	4pm - 5.15pm 5.15pm - 6.30pm		
29/11/2024	Fri AM	5am - 7am			5am - 7am	5.45am - 7am		
29/11/2024	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