## COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 December 2024

DEC 2	024	Banksia	Accein	Wattle	Waratah	Pottlebrueh	Events
		Danksia	Acacia	wattle	vvaratari	Bottlebrush	Events
1/12/2024	Sun						
2/12/2024	Mon AM	6am - 8.30am	6am - 8.30am	6am - 8.30am	6am - 8.30am	Ann. 5 45	
2/12/2024	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	
3/12/2024	Tue PM				4	4pm - 5.15pm	
	Tue PM				4pm - 6pm	5.15pm - 6.30pm	
4/12/2024	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am - 7am	
.,	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			
=,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Thu AM	5am - 7am	5am - 7am	5am - 7am			
5/12/2024	Thu PM				4pm - 6pm	4pm - 5.15pm	
	Fri AM	5am - 7am			5am - 7am	5.15pm - 6.30pm	
6/12/2024					barri - 7am	5.45am - 7am 4pm - 5.15pm	SNSW Senior State Age Championships .Swimming NSW 7.30am-9.00pm
0/12/2024	Fri PM	Cancelled	Cancelled	Cancelled		5.15pm - 6.30pm	
						5. TSpiri = 0.30piri	
7/12/2024	Sat AM	Cancelled	Cancelled	Cancelled			
8/12/2024	Sun						
9/12/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	SNSW Senior State Age Championships .Swimming NSW 7.30am-9.00pm
3/12/2024	Mon PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	
10/12/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	
	Tue PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	
11/12/2024	Wed AM	5am - 7am	5am - 7am	0	5am - 7am	5.45am - 7am	
	Wed PM Thu AM	Cancelled 5am - 7am	Cancelled 5am - 7am	Cancelled 5am - 7am	5am - 7am	Cancelled 5.45am - 7am	
12/12/2024	Thu PM	Cancelled	Cancelled	Cancelled	Cancelled	5.45am - 7am Cancelled	
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	
13/12/2024	Fri PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	
14/12/2024	Sat AM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	2024 State Water Polo Championships. NSW Water Polo Inc
15/12/2024	Sun						
16/12/2024	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	2024 State Water Polo Championships. NSW Water Polo Inc
10/12/2021	Mon PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	
17/12/2024	Tue AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	
	Tue PM				Cancelled	Cancelled	
18/12/2024	Wed AM Wed PM	5am - 7am Cancelled	5am - 7am Cancelled	5am - 7am Cancelled	5am - 7am	5.45am - 7am Cancelled	
	Thu AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	
19/12/2024	Thu PM	Jaiii - Taiii	Jaili - Taili	Jaili - Taili	Cancelled	Cancelled	
	Fri AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	5.45am - 7am	
20/12/2024	Fri PM	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	
21/12/2024	Sat AM	TBC	TBC	TBC	TBC	TBC	
22/12/2024	Sun						2024 State Water Polo Championships. NSW Water Polo Inc
23/12/2024	Mon AM						
	Mon PM	Christmas Break					
24/12/2024	Tue AM						
	Tue PM						
25/12/2024							
	Thu AM						
26/12/2024	Thu PM						
07/40/000:	Fri AM						
27/12/2024	Fri PM						
28/12/2024	Sat AM						
29/12/2024	Sun						
30/12/2024	Mon AM	Christmas Break					
307.2.2.024	Mon PM						
31/12/2024	Tue AM						
	Tue PM - Training Po	-1					

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