COMPETITIVE SQUAD TRAINING SCHEDULE Effective: 1 April 2025

April 2025		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
		James Greathead	George Hanretty	Daniel Benvenuti	Anne Donaire	Matt Wilson	Events
1/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am			
2/04/2025	Tue PM Wed AM	5am - 7am	5am - 7am	5am - 7am	4pm - 6.00pm 5am - 7am	4pm - 5.15pm Only 5.45am-7.00am	Sydney Uni Swimming and Diving carnival 6.00pm-10.00pm.
	Wed PM	Utility lanes 4-7	Cancelled	Cancelled	odin rum	O. Iodiii 7.oodiii	Catholic Schools NSW Sport Services 7.00M-8.00PM (Utility lanes only available till 6pm)
	Thu AM	5am - 7am	5am - 7am	5am - 7am			Catholic Consols NOW Open Convices 7.5000 C.501 M (Chinty lanes only available till opin)
3/04/2025		Salli - 7 alli	Sain - 7ain	Salli - Talli	4 000	4pm - 5.15pm	
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm	
4/04/2025	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am 4pm - 5.15pm	
	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		5.15pm - 6.30pm	
5/04/2025 6/04/2025	Sat AM Sun	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am		No Utility lanes available Comp lanes 0-9
7/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm	
	Tue AM	5am - 7am	5am - 7am	5am - 7am		5.15pm - 6.30pm	
8/04/2025	Tue PM	oun run	oun run	oun run	4pm - 6.00pm	4pm - 5.15pm	
	Wed AM	F 7	F 7			5.15pm - 6.30pm 5.45am-7.00am	
9/04/2025	Wed PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	4pm - 6.30pm	5am - 7am	5.45am-7.00am	
10/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Fri AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
11/04/2025	Fri PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm	
12/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	5.15pm - 6.30pm	
13/04/2025	Sun						
14/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4 5.45	
14/04/2023	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
15/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
16/04/2025	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
10/04/2020	Wed PM Thu AM	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am	4pm - 6.30pm 5am - 7am			
17/04/2025		Salli - 7 alli	Sain - 7ain	Salli - Talli	4 000	4pm - 5.15pm	
	Thu PM				4pm - 6.00pm	5.15pm - 6.30pm	
18/04/2025 19/04/2025 20/04/2025	Fri AM						Centre Closed
	Fri PM	EASTER					
	Sat AM Sun						
21/04/2025							
	Mon AM						
	Mon PM Tue AM	5am - 7am	5am - 7am	5am - 7am			
22/04/2025	Tue PM				4pm - 6.00pm	4pm - 5.15pm	
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.15pm - 6.30pm 5.45am-7.00am	
23/04/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	Jaiii - / aiii	J.4Jani-7.00ani	
24/04/2025	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
25/04/2025	Fri AM					0.10pm - 0.00pm	
	Fri PM			ANZAC DAY			Centre Closed
26/04/2025	Sat AM	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am	6.00am-8.00am		
27/04/2025	Sun						
28/04/2025	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am	4nm - F 45nm	
	Mon PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm		4pm - 5.15pm 5.15pm - 6.30pm	
29/04/2025	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM				4pm - 6.00pm	4pm - 5.15pm 5.15pm - 6.30pm	
	Wed AM	5am - 7am	5am - 7am		5am - 7am	5.45am-7.00am	
50/04/2025	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			

Training Cancelled
Training Change
Pool Session - Training Pool