

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 November 2023

November 2023		Senior Performance	National Age Performance	State Competition	Junior Competition	Transition Competition	Youth / Uni Competition	Events	
		Matt Brown	Ryan Frost	Daniel Benvenuti	Pancha Thambo	William Choi	Daniel Benvenuti		
1/11/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
2/11/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
3/11/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am		
	Fri PM	4pm - 6pm	4pm - 6pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm			
4/11/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am				Metro North East Swimming Championships 11am - 3.30pm	
5/11/2023	Sun								Metro North East Swimming Championships 8am - 3pm
6/11/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
7/11/2023	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
8/11/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
9/11/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
10/11/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am	Italian Bilingual School Swimming Carnival 10am - 2pm	
	Fri PM	4pm - 6pm	4pm - 6pm	4pm - 6.30pm	4.30pm - 6.30pm	4.30pm - 6.30pm			
11/11/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am				Metro South East District Swimming Championships (11/12 Nov) 8am - 4.30pm	
12/11/2023	Sun								Diving Metropolitan Championships (11/12 Nov) 8am - 5pm
13/11/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
14/11/2023	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
15/11/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
16/11/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am		Barker College Secondary Swimming Carnival 9.30am - 2pm	
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
17/11/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am	Wenona School Swimming Carnival 8.30am - 2pm	
	Fri PM	4pm - 5.45pm	4pm - 5.45pm	4pm - 5.45pm	4pm - 5.45pm	4pm - 5.45pm		GPS Invitational Swimming Carnival 5.45pm - 9pm	
18/11/2023	Sat AM	6am - 8am	6am - 8am	6am - 8am				Narrabeen Swim Club Meet 11.30am - 7pm	
19/11/2023	Sun								SOPAC Swim Club Meet 7am - 5pm
20/11/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
21/11/2023	Tue AM	5am - 7am	5am - 7am	5am - 7am				St Scholastica's College Swimming Carnival 9am - 2.30pm	
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
22/11/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am			
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
23/11/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
24/11/2023	Fri AM	5am - 7am	5am - 7am	5am - 7am			5.15am - 6.45am		
	Fri PM	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night	4pm - 6pm + Race Night	Race Night	SOPAC Swim Club Race Night 6.30pm - 8pm	
25/11/2023	Sat AM	6am - 8am	6am - 7.45am	6am - 7.30am				NSW Junior Metropolitan Championships 7.30am - 5.30pm	
26/11/2023	Sun								NSW Junior Metropolitan Championships 7.30am - 5.30pm
27/11/2023	Mon AM	5am - 7am	5am - 7am		5am - 7am	5am - 7am	5.15am - 6.45am		
	Mon PM	4pm - 6.30pm		4pm - 6.30pm	4pm - 6.30pm				
28/11/2023	Tue AM	5am - 7am	5am - 7am	5am - 7am					
	Tue PM		4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
29/11/2023	Wed AM	5am - 7am			5am - 7am	5am - 7am		Loreto Normanhurst School Swimming Carnival 9am - 2.30pm	
	Wed PM	4pm - 6.30pm	4pm - 6.30pm	4pm - 6.30pm			6.30pm - 7.45pm		
30/11/2023	Thu AM		5am - 7am	5am - 7am	5am - 7am	5am - 7am			
	Thu PM	4pm - 6.30pm			4.30pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		

Training Cancelled  
 Training Change  
 Pool Session - Training Pool