

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 January 2024

January 2024		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		
1/01/2024	Mon AM Mon PM	No Training						New Year's Day - Public Holiday	6am - 8pm
2/01/2024	Tue AM Tue PM	5am - 7am	5am - 7am	5am - 7am 4pm - 6.30pm	4pm - 6.30pm	4.30pm - 6.15pm	6.30pm - 7.45pm		
3/01/2024	Wed AM Wed PM	No Training 4pm - 6.30pm			5am - 7am	5am - 7am	6.30pm - 7.45pm		
4/01/2024	Thu AM Thu PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
5/01/2024	Fri AM Fri PM	5am - 7am No Training	5am - 7am	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5.15am - 6.45am		
6/01/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am					
7/01/2024	Sun								
8/01/2024	Mon AM Mon PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm		5am - 7am 4pm - 6.30pm	5am - 7am	5.15am - 6.45am		
9/01/2024	Tue AM Tue PM	5am - 7am	5am - 7am No Training	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
10/01/2024	Wed AM Wed PM	No Training 4pm - 6.30pm			5am - 7am	5am - 7am	6.30pm - 7.45pm		
11/01/2024	Thu AM Thu PM	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
12/01/2024	Fri AM Fri PM	5am - 7am No Training	5am - 7am No Training	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5.15am - 6.45am		
13/01/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am				Norwest Swim Club Meet	8am - 5pm
14/01/2024	Sun							Metro South West Qualifying Meet	8am - 5pm
15/01/2024	Mon AM Mon PM	5am - 7am 4pm - 6.30pm	5am - 7am		5am - 7am 4pm - 6.30pm	5am - 7am	5.15am - 6.45am		
16/01/2024	Tue AM Tue PM	5am - 7am	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
17/01/2024	Wed AM Wed PM	5am - 7am 4pm - 6.30pm			5am - 7am	5am - 7am	6.30pm - 7.45pm		
18/01/2024	Thu AM Thu PM		5am - 7am	5am - 7am	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
19/01/2024	Fri AM Fri PM	5am - 7am 4pm - 6pm	5am - 7am 4pm - 6pm	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.30pm	5.15am - 6.45am		
20/01/2024	Sat AM	Thredbo	6am - 8am	6am - 8am				Revesby Workers Swim Club Meet	8am - 4pm
21/01/2024	Sun							Narrabeen Swim Club Meet	8am - 5pm
22/01/2024	Mon AM Mon PM		5am - 7am		5am - 7am 4pm - 6.30pm	5am - 7am	5.15am - 6.45am		
23/01/2024	Tue AM Tue PM		5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
24/01/2024	Wed AM Wed PM				5am - 7am	5am - 7am	6.30pm - 7.45pm		
25/01/2024	Thu AM Thu PM		5am - 7am	5am - 7am	5am - 7am 4.30pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
26/01/2024	Fri AM Fri PM		No Training					Australia Day - Public Holiday	6am - 8pm
27/01/2024	Sat AM	6am - 8am	6am - 8am	6am - 8am				SW Sports Acadmey Swimming Carnival	12pm - 5pm
28/01/2024	Sun							Triathlon Pink	7am - 12pm
29/01/2024	Mon AM Mon PM	5am - 7am 4pm - 6.30pm	5am - 7am		5am - 7am 4pm - 6.30pm	5am - 7am	5.15am - 6.45am		
30/01/2024	Tue AM Tue PM	5am - 7am	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4pm - 6.30pm	5am - 7am 4.30pm - 6.15pm	6.30pm - 7.45pm		
31/01/2024	Wed AM Wed PM	5am - 7am 4pm - 6.30pm			5am - 7am	5am - 7am	6.30pm - 7.45pm		

Training Cancelled
Training Change
Pool Session - Training Pool