

COMPETITIVE SQUAD TRAINING SCHEDULE
Effective: 1 November 2026

November 2026		Banksia	Acacia	Wattle	Waratah	Bottlebrush	Events
		Ryan Frost	George Hammetty	Anne Donaire	Ian Park	Jorden/Jesamine/Brianna	
1/11/2026	Sun						Event (8am - 3pm)
2/11/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
3/11/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
4/11/2026	Wed AM				5am - 7am	5:45am-7.00am	
	Wed PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm			
5/11/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
6/11/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5:45am-7.00am	
	Fri PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
7/11/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Event (8am - 3:30pm) + Event (8am - 5pm)
8/11/2026	Sun						Event (8am - 5pm)
9/11/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
10/11/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			Event (8:30am - 1:30pm)
	Tue PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
11/11/2026	Wed AM				5am - 7am	5:45am-7.00am	Event (8:30am - 1:30pm)
	Wed PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm			
12/11/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			Carnival (9:30am - 2:30pm)
	Thu PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
13/11/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5:45am-7.00am	Carnival (10am - 1pm)
	Fri PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
14/11/2026	Sat AM	6am - 8am	6am - 8am	6am - 8am	6am - 8am		Event (8am - 5:30pm)
15/11/2026	Sun						Event (8am - 5:30pm)
16/11/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		Carnival (9am - 3pm)
	Mon PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
17/11/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			Carnival (9am - 2pm)
	Tue PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
18/11/2026	Wed AM				5am - 7am	5:45am-7.00am	Carnival (9am - 2pm)
	Wed PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm			
19/11/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			Carnival (9am - 3pm)
	Thu PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
20/11/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5:45am-7.00am	Carnival (9am - 2:30pm)
	Fri PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
21/11/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		SOPAC Swim Club Meet (7:30am - 5pm)
22/11/2026	Sun						
23/11/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		
	Mon PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	
24/11/2026	Tue AM	5am - 7am	5am - 7am	5am - 7am			
	Tue PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
25/11/2026	Wed AM				5am - 7am	5:45am-7.00am	Carnival (9am - 2pm)
	Wed PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm			
26/11/2026	Thu AM	5am - 7am	5am - 7am	5am - 7am			
	Thu PM				4pm - 6pm	4pm - 5:15pm 5:15pm - 6:30pm	
27/11/2026	Fri AM	5am - 7am	5am - 7am		5am - 7am	5:45am-7.00am	Carnival (9am - 2pm) + Event (5:45pm - 9:30pm)
	Fri PM	4pm - 5:30pm	4pm - 5:30pm	4pm - 5:30pm		4.00pm-5:15pm	
28/11/2026	Sat AM	6am - 7:30am	6am - 7:30am	6am - 7:30am	6am - 7:30am		Event (7:30am - 5:30pm)
29/11/2026	Sun						Event (7:30am - 5:30pm)
30/11/2026	Mon AM	5am - 7am	5am - 7am	5am - 7am	5am - 7am		Carnival (9am - 2pm)
	Mon PM	4pm - 6:30pm	4pm - 6:30pm	4pm - 6:30pm		4pm - 5:15pm 5:15pm - 6:30pm	

Training Cancelled
Training Change
Pool Session - Training Pool