

**COMPETITIVE SQUAD TRAINING SCHEDULE**

Effective: 1 September 2026

| September 2026 |        | Banksia      | Acacia          | Wattle       | Waratah      | Bottlebrush                                      | Events                                           |
|----------------|--------|--------------|-----------------|--------------|--------------|--------------------------------------------------|--------------------------------------------------|
|                |        | Ryan Frost   | George Harnetty | TBD          | Ian Park     | Jorden/Jesamine/Brianna                          |                                                  |
| 1/09/2026      | Tue AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Tue PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 2/09/2026      | Wed AM |              |                 |              | 5am - 7am    |                                                  |                                                  |
|                | Wed PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              |                                                  |                                                  |
| 3/09/2026      | Thu AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Thu PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 4/09/2026      | Fri AM | 5am - 7am    | 5am - 7am       |              | 5am - 7am    |                                                  |                                                  |
|                | Fri PM |              |                 | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  |                                                  |
| 5/09/2026      | Sat AM | 6am - 8am    |                 | 6am - 8am    | 6am - 8am    |                                                  | Carnival (8:00am - 5:00pm)                       |
| 6/09/2026      | Sun    |              |                 |              |              |                                                  | Carnival (8:00am - 5:00pm)                       |
| 7/09/2026      | Mon AM | 5am - 7am    |                 | 5am - 7am    | 5am - 7am    |                                                  |                                                  |
|                | Mon PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  | Carnival (9:00am - 2:00pm)                       |
| 8/09/2026      | Tue AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Tue PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 9/09/2026      | Wed AM |              |                 |              | 5am - 7am    |                                                  |                                                  |
|                | Wed PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              |                                                  |                                                  |
| 10/09/2026     | Thu AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Thu PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 11/09/2026     | Fri AM | 5am - 7am    | 5am - 7am       |              | 5am - 7am    |                                                  |                                                  |
|                | Fri PM |              |                 | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  |                                                  |
| 12/09/2026     | Sat AM | 6am - 7:30am | 6am - 7:30am    | 6am - 7:30am | 6am - 7:30am |                                                  | SNSW Youth Age Short Course<br>(7:30am - 5:30pm) |
| 13/09/2026     | Sun    |              |                 |              |              |                                                  | SNSW Youth Age Short Course<br>(7:30am - 5:30pm) |
| 14/09/2026     | Mon AM | 5am - 7am    | 5am - 7am       | 5am - 7am    | 5am - 7am    |                                                  |                                                  |
|                | Mon PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  |                                                  |
| 15/09/2026     | Tue AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Tue PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 16/09/2026     | Wed AM |              |                 |              | 5am - 7am    |                                                  |                                                  |
|                | Wed PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              |                                                  |                                                  |
| 17/09/2026     | Thu AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Thu PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 18/09/2026     | Fri AM | 5am - 7am    | 5am - 7am       |              | 5am - 7am    |                                                  |                                                  |
|                | Fri PM |              |                 | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  | Club Night (6:30pm - 7:30pm)                     |
| 19/09/2026     | Sat AM | 6am - 8am    | 6am - 8am       | 6am - 8am    | 6am - 8am    |                                                  | Carnival (8:00am - 4:00pm)                       |
| 20/09/2026     | Sun    |              |                 |              |              |                                                  | Carnival (8:00am - 4:00pm)                       |
| 21/09/2026     | Mon AM | 5am - 7am    | 5am - 7am       | 5am - 7am    | 5am - 7am    |                                                  |                                                  |
|                | Mon PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  |                                                  |
| 22/09/2026     | Tue AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Tue PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 23/09/2026     | Wed AM |              |                 |              | 5am - 7am    |                                                  |                                                  |
|                | Wed PM | 4pm - 6.30pm | 4pm - 6.30pm    | 4pm - 6.30pm |              |                                                  |                                                  |
| 24/09/2026     | Thu AM | 5am - 7am    | 5am - 7am       | 5am - 7am    |              |                                                  |                                                  |
|                | Thu PM | 4pm - 6.30pm |                 |              | 4pm - 6pm    | 4pm - 5.15pm<br>5.15pm - 6.30pm<br>5.45am-7.00am |                                                  |
| 25/09/2026     | Fri AM | 5am - 7am    | 5am - 7am       |              | 5am - 7am    |                                                  |                                                  |
|                | Fri PM |              | 4pm - 6.30pm    | 4pm - 6.30pm |              | 4pm - 5.15pm<br>5.15pm - 6.30pm                  |                                                  |
| 26/09/2026     | Sat AM | 6am - 8am    | 6am - 8am       | 6am - 8am    | 6am - 8am    |                                                  |                                                  |
| 27/09/2026     | Sun    |              |                 |              |              |                                                  |                                                  |