



Squad Timetable May 2024

		Silver/ Gold	Bronze
Mon	6.5	6:00-8:00am & 3:00-5:00pm	3.45-5.00pm
Tues	7.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	8.5		
Thurs	9.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	10.5	6.00-8.00am	
Sat	11.5		
Sun	12.5	NOVOCASTRIAN	
Mon	13.5	6:00-8:00am & 3:00-5:00pm	3.45-5.00pm
Tues	14.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	15.5		
Thurs	16.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	17.5	6.00-8.00am	
Sat	18.5		
Sun	19.5		MACQUARIE SHORES
Mon	20.5	6:00-8:00am & 3:00-5:00pm	3.45-5.00pm
Tues	21.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	22.5		
Thurs	23.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	24.5	6.00-8.00am	
Sat	25.5		
Sun	26.5		
Mon	27.5	6:00-8:00am & 3:00-5:00pm	3.45-5.00pm
Tues	28.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	29.5		
Thurs	30.5	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	31.5	CVSA	
Sat	1.6	CVSA	
Sun	2.6	CVSA	
Mon	3.6	6:00-8:00am & 3:00-5:00pm	3.45-5.00pm
Tues	4.6	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Wed	5.6		
Thurs	6.6	6:00-8:00am & 3:00-5:00pm	6:00-7:30am & 3:45pm-5:00pm
Fri	7.6	6.00-8.00am	
Sat	8.6		