

SQUAD TIMETABLE 2026

Time	Mon	Tues	Wed	Thurs	Fri	Sat
	MORNING					
5.45am	SILVER 5.45am - 7.30am	MASTERS 5.45am - 7am	SILVER 5.45am - 7.30am	JUNIOR 6am - 7am	MASTERS 5.45am - 7am	
6am						
6.15am						
6.30am						
6.45am						
7am	GOLD 7.30am - 9.30am	SILVER 5.45am - 7.30am	JUNIOR 6am - 7am	JUNIOR 6am - 7am	SILVER 5.45am - 7.30am	
7.15am						
7.30am						
7.45am						
8am						
8.15am	GOLD 7.30am - 9.30am	SILVER 5.45am - 7.30am	JUNIOR 6am - 7am	JUNIOR 6am - 7am	SILVER 5.45am - 7.30am	
8.30am						
8.45am						
9am						
9.15am						
9.30am	GOLD 7.30am - 9.30am	SILVER 5.45am - 7.30am	JUNIOR 6am - 7am	JUNIOR 6am - 7am	SILVER 5.45am - 7.30am	
9.45am						
10am						
10.15am						
10.30am						
10.45am	GOLD 7.30am - 9.30am	SILVER 5.45am - 7.30am	JUNIOR 6am - 7am	JUNIOR 6am - 7am	SILVER 5.45am - 7.30am	
11am						
2.30pm	GOLD 3.30pm - 5.30pm	JUNIOR 4pm - 4.45pm	BRONZE 4pm - 5.30pm	JUNIOR 4pm - 4.45pm	SILVER 4.30pm - 6.15pm	JUNIOR 4.45pm - 5.45pm
2.45pm						
3pm						
3.15pm						
3.30pm						
3.45pm	GOLD 3.30pm - 5.30pm	JUNIOR 4pm - 4.45pm	BRONZE 4pm - 5.30pm	JUNIOR 4pm - 4.45pm	SILVER 4.30pm - 6.15pm	JUNIOR 4.45pm - 5.45pm
4pm						
4.15pm						
4.30pm						
4.45pm						
5pm	GOLD 3.30pm - 5.30pm	JUNIOR 4pm - 4.45pm	BRONZE 4pm - 5.30pm	JUNIOR 4pm - 4.45pm	SILVER 4.30pm - 6.15pm	JUNIOR 4.45pm - 5.45pm
5.15pm						
5.30pm						
5.45pm						
6pm						
6.15pm	GOLD 3.30pm - 5.30pm	JUNIOR 4pm - 4.45pm	BRONZE 4pm - 5.30pm	JUNIOR 4pm - 4.45pm	SILVER 4.30pm - 6.15pm	JUNIOR 4.45pm - 5.45pm
6.30pm						
6.45pm						
7pm						
7.15pm						
7.30	GOLD 3.30pm - 5.30pm	JUNIOR 4pm - 4.45pm	BRONZE 4pm - 5.30pm	JUNIOR 4pm - 4.45pm	SILVER 4.30pm - 6.15pm	JUNIOR 4.45pm - 5.45pm