



# Illawarra Water Polo

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## Senior Winter 2026 - Fast Fives

### Round 1 · Week starting Sun 12 Jul 2026

| Emma McKeon Pool, UOW UniActive |                 |       |                    |              |
|---------------------------------|-----------------|-------|--------------------|--------------|
| Grade                           | Day             | Time  | White Cap          | Blue Cap     |
| Senior Autumn 2026              | Wed 15 Jul 2026 | 19:00 | Beroccas           | Rattlesnakes |
| Senior Autumn 2026              | Wed 15 Jul 2026 | 19:30 | Battle-Axe Raiders | Moisties     |
| Senior Autumn 2026              | Wed 15 Jul 2026 | 20:00 | Beroccas           | Moisties     |

## Round 2 · Week starting Sun 19 Jul 2026

| Emma McKeon Pool, UOW UniActive |                 |       |                    |              |
|---------------------------------|-----------------|-------|--------------------|--------------|
| Grade                           | Day             | Time  | White Cap          | Blue Cap     |
| Senior Autumn 2026              | Wed 22 Jul 2026 | 19:00 | Moisties           | Rattlesnakes |
| Senior Autumn 2026              | Wed 22 Jul 2026 | 19:30 | Battle-Axe Raiders | Beroccas     |
| Senior Autumn 2026              | Wed 22 Jul 2026 | 20:00 | Battle-Axe Raiders | Rattlesnakes |

## Round 3 · Week starting Sun 26 Jul 2026

| Emma McKeon Pool, UOW UniActive |                 |       |                    |                    |
|---------------------------------|-----------------|-------|--------------------|--------------------|
| Grade                           | Day             | Time  | White Cap          | Blue Cap           |
| Senior Autumn 2026              | Wed 29 Jul 2026 | 19:00 | Rattlesnakes       | Moisties           |
| Senior Autumn 2026              | Wed 29 Jul 2026 | 19:30 | Battle-Axe Raiders | Beroccas           |
| Senior Autumn 2026              | Wed 29 Jul 2026 | 20:00 | Moisties           | Battle-Axe Raiders |

## Round 4 · Week starting Sun 02 Aug 2026

| Emma McKeon Pool, UOW UniActive |                 |       |                    |              |
|---------------------------------|-----------------|-------|--------------------|--------------|
| Grade                           | Day             | Time  | White Cap          | Blue Cap     |
| Senior Autumn 2026              | Wed 05 Aug 2026 | 19:00 | Battle-Axe Raiders | Rattlesnakes |
| Senior Autumn 2026              | Wed 05 Aug 2026 | 19:30 | Moisties           | Beroccas     |

## Round 5 · Week starting Sun 09 Aug 2026

| Emma McKeon Pool, UOW UniActive |                 |       |                    |              |
|---------------------------------|-----------------|-------|--------------------|--------------|
| Grade                           | Day             | Time  | White Cap          | Blue Cap     |
| Senior Autumn 2026              | Wed 12 Aug 2026 | 19:00 | Battle-Axe Raiders | Beroccas     |
| Senior Autumn 2026              | Wed 12 Aug 2026 | 19:30 | Moisties           | Rattlesnakes |