

GOLD/SILVER PRACTICE ADJUSTMENTS
2/22-2/27/2010

Monday 2/22:

Gold/Silver Age Group: 6:45-8:15pm

Gold/Silver High School: 5:15-6:45pm

HS State qualifiers, please see Teresa for the practice schedule for the rest of the week and to let Teresa know when you are leaving for the State Meet

Tuesday 2/23:

Gold/Silver Age Group: 5:30-7:00pm

Gold/Silver High School: 4:00-5:30pm

Wednesday 2/24:

Gold/Silver Age Group: 4:00-6:00pm

Gold/Silver High School: 4:45-6:15pm

Thursday 2/25

Gold/Silver Age Group: 5:30-7:00pm

Gold/Silver High School: 4:00-5:30pm

Friday 2/26:

Gold/Silver: 4:00-5:45pm - *All Swimmers*

Saturday 2/27

NO Practice