

## WHAT Practice Schedule Outline

<b>Week 2</b> MS Season	<b>Monday</b> Sep 14	<b>Tuesday</b> Sep 15	<b>Wednesday</b> Sep 16	<b>Thursday</b> Sep 17	<b>Friday</b> Sep 18	<b>Saturday</b> Sep 19	<b>Sunday</b> Sep 20
<b>Notes</b>						AMS Swimposium	
<b>Senior AM</b>	-	-	-	-	-	-	
<b>Senior Early</b>	2:30-3:15p DL 3:30-5:30p	2:30-3:15p CR 3:30-5:30p	2:30-3:15p DL 3:30-5:30p	2:30-3:15p CR 3:30-5:30p	2:30-3:15p DL 3:30-5:30p	-	
<b>Senior Late</b>	5:45-6:15p DL 6:30-8:30p	5:45-6:15p CR 6:30-8:30p	5:45-6:15p DL 6:30-8:30p	5:45-6:15p CR 6:30-8:30p	5:45-6:15p DL 6:30-8:30p	-	
<b>Gold</b>	5:45-6:15p DL 6:30-8:00p	5:45-6:15p CR 6:30-8:00p	5:45-6:15p DL 6:30-8:00p	5:45-6:15p CR 6:30-8:00p	5:45-6:15p DL 6:30-8:00p	-	
<b>Silver</b>	5:45-6:15p DL 6:30-7:45p	5:45-6:15p CR 6:30-7:45p	5:45-6:15p DL 6:30-7:45p	5:45-6:15p CR 6:30-7:45p	5:45-6:15p DL 6:30-7:45p	-	
<b>Bronze</b>	6:15-6:30p DL 6:30-7:30p	6:30-7:30p	6:15-6:30p DL 6:30-7:30p	6:30-7:30p	6:30-7:30p	-	
<b>Copper</b>	6:15-6:30p DL 6:30-7:15p	6:30-7:15p	6:15-6:30p DL 6:30-7:15p	6:30-7:15p	6:30-7:15p	-	
<b>Masters AM</b>	5:00-6:30a	5:00-6:30a	-	5:00-6:30a	-	-	
<b>Masters PM</b>	7:30-8:30p	-	7:30-8:30p	-	-	-	
<b>Middle School</b>	3:15-4:30p	3:15-4:30p	3:15-4:30p	3:15-4:30p	-	-	
<b>Evaluations</b>	-	7:30-8:00p	-	7:30-8:00p	-	-	-