

**March Spring Break Training Camp –**

\*\* - tentative training schedule from March 22 – March 30th at VAC ***– all groups except YNG and E2Jr will be off from March 19th – March 25th***

* Regular training up until Friday, March 16th

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| ***Monday, March12th*** | ***Tuesday, March 13th*** | ***Wednesday, March 14th*** | ***Thursday, March 15th*** | ***Friday,***  ***March 16th***  Normal practice  BC Open for qualifiers | ***Saturday, March 17th***  Masters  5:30 – 8 AM  NO practice for age group  BC Open  Delta LMR | ***Sunday, March 18th***  Mini PASS Meet Blue  Mini Meet White  BC OPEN  Delta LMR | Notes |
| ***Monday,***  ***March 19th***  Masters  5:30 - 7  No Age Group swimming on Monday | ***Tuesday, March 20th***  Masters  5:30 – 7  4 lanes(Kelly)  4 – 6 PM  YNG/E2Jr. | ***Wednesday, March 21st***  3 lanes(Kelly)  7 – 9 AM  YNG/E2Jr.  \*\* depart for San Diego | ***Thursday, March 22nd***  Masters  5:30 - 7  4 lanes(Khosro)  4 – 6 PM  YNG/E2Jr | ***Friday, March 23rd***  4 lanes(Khosro)  3 – 5 PM  YNG/E2Jr | ***Saturday, March 24th***  8 lanes(Masters)  5:30 – 7 AM  8/4 lanes(Khosro)  7 – 9 AM  YNG/E2Jr | ***Sunday, March 25th***  No practice for Junior, White and Blue |  |
| ***Monday, March 26th***  8 lanes (Mast)  5:30 – 6:30 AM  5 lanes  6:30 – 7 AM  4 lanes (A/G)  7 – 9:25 AM  YNG/E2Jr./E2Sr/E1Sr  4 lanes  3 – 5 PM  YNG/E2Jr./ E2 Sr./E1Sr.  B1.1 3:45 – 5 PM (1lane)  5 – 7 PM  (5 lanes)  E1Jr./Red 2/Red 1 | ***Tuesday, March 27th***  8 lanes(Masters)  5:30 – 6:30 AM  5 lanes  6:30 – 7 AM  Usual lanes  4 – 8 PM (SCM)  SCM lanes – regular distribution of lanes  5 lanes SCM YNG, E1Jr., E1 Sr., E2Jr.  3 lanes  E1Jr. | ***Wednesday, March 28th***  4 lanes(A/G)  6:30 – 9:25 AM  YNG/E2Jr./E2Sr/E1Sr  4 lanes  3:00 – 5 PM  R1/R2/Elite 1 Jr.  Normal groups  YNG & E2Jr. OFF  5 – 7 PM  Elite 1 Sr./Elite 2 Sr./  4:45 – 6PM -B2  5:45 – 7 PM – B1 | ***Thursday, March 29th***  NO SWIM in AM  Usual lanes  4 – 8 PM (SCM)  SCM lanes – regular distribution of lanes  5 lanes SCM YNG, E1Jr., E1 Sr., E2Jr.  3 lanes  E1Jr. | ***Friday, March 30th***  ***GOOD FRIDAY***  ***Select training time – AM***  Training camp  ***8 lanes***  ***5:30 – 6:30 AM***  ***YNG/E2Jr./E1Sr./E2Sr.***  ***4 lanes***  ***6:30 – 7:30***  ***YNG/E2Jr./E1Sr./E2Sr.***  ***4 lanes***  ***7:30 – 9:25 AM***  ***E1 Jr./Red 2***  ***NO AFTERNOON PRACTICE FOR ANY GROUP*** | ***Saturday, March 31st***  \*\* return from San Diego  BREAK | ***Sunday, April 1st***  BREAK |  |
| ***Monday, April 2nd***  BREAK  Easter Monday | ***Tuesday, April 3***  Return to normal practices A/G |  | ***Masters resume practice*** |  |  |  |  |

* ***Tuesday, April 3rd – return to normal training schedule for Age Group – Easter weekend – Saturday, Sunday and Monday off for all groups***
* ***Thursday, April 5th – return to normal training for Masters groups***