

**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 practiceBC Open for qualifiers | ***Saturday, March 17th***Masters5:30 – 8 AMNO practice for age groupBC OpenDelta LMR | ***Sunday, March 18th***Mini PASS Meet BlueMini Meet WhiteBC OPENDelta LMR | Notes |
| ***Monday,******March 19th***Masters5:30 - 7No Age Group swimming on Monday | ***Tuesday, March 20th***Masters5:30 – 74 lanes(Kelly)4 – 6 PMYNG/E2Jr. | ***Wednesday, March 21st***3 lanes(Kelly)7 – 9 AMYNG/E2Jr.\*\* depart for San Diego | ***Thursday, March 22nd***Masters5:30 - 74 lanes(Khosro)4 – 6 PMYNG/E2Jr | ***Friday, March 23rd***4 lanes(Khosro)3 – 5 PMYNG/E2Jr | ***Saturday, March 24th***8 lanes(Masters)5:30 – 7 AM8/4 lanes(Khosro)7 – 9 AMYNG/E2Jr | ***Sunday, March 25th***No practice for Junior, White and Blue |  |
| ***Monday, March 26th***8 lanes (Mast)5:30 – 6:30 AM5 lanes6:30 – 7 AM4 lanes (A/G)7 – 9:25 AMYNG/E2Jr./E2Sr/E1Sr4 lanes3 – 5 PMYNG/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 AM5 lanes6:30 – 7 AMUsual lanes4 – 8 PM (SCM)SCM lanes – regular distribution of lanes5 lanes SCM YNG, E1Jr., E1 Sr., E2Jr.3 lanesE1Jr. | ***Wednesday, March 28th***4 lanes(A/G)6:30 – 9:25 AMYNG/E2Jr./E2Sr/E1Sr4 lanes3:00 – 5 PMR1/R2/Elite 1 Jr.Normal groupsYNG & E2Jr. OFF5 – 7 PMElite 1 Sr./Elite 2 Sr./4:45 – 6PM -B25:45 – 7 PM – B1 | ***Thursday, March 29th***NO SWIM in AMUsual lanes4 – 8 PM (SCM)SCM lanes – regular distribution of lanes5 lanes SCM YNG, E1Jr., E1 Sr., E2Jr.3 lanesE1Jr. | ***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 DiegoBREAK | ***Sunday, April 1st***BREAK |  |
| ***Monday, April 2nd***BREAKEaster 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***