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| --- |
| **Summerland Orca Swim Club : Group Times  2020** |
|  | **3h30** | **3h45** | **4h00** | **4h15** | **4h30** | **4h45** | **5h00** | **5h15** | **5h30** | **5h45** | **6h00** | **6h15** |
| **Monday** | Regional  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | Devel 2/3  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 3xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 4xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 5xweek |  |  |  |  |
|  | **3h30** | **3h45** | **4h00** | **4h15** | **4h30** | **4h45** | **5h00** | **5h15** | **5h30** | **5h45** | **6h00** | **6h15** |
| **Tuesday** | Development 4  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | Devel 2/3 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 3xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 4xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 5xweek |  |  |  |  |
|  | **3h30** | **3h45** | **4h00** | **4h15** | **4h30** | **4h45** | **5h00** | **5h15** | **5h30** | **5h45** | **6h00** | **6h15** |
| **Wednesday** | Regional  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | Devel 2/3  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 3xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 4xweek |  |  |  |  |
|  | **3h30** | **3h45** | **4h00** | **4h15** | **4h30** | **4h45** | **5h00** | **5h15** | **5h30** | **5h45** | **6h00** | **6h15** |
| **Thursday** | Development 4  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | Devel 2/3 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 3xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 4xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 5xweek |  |  |  |  |
|  | **3h30** | **3h45** | **4h00** | **4h15** | **4h30** | **4h45** | **5h00** | **5h15** | **5h30** | **5h45** | **6h00** | **6h15** |
| **Friday** |  |  |  | Regional  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 3xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 4xweek |  |  |  |  |
|  |  |  |  |  |  |  |  | AG 5xweek |  |  |  |  |
| **Saturday** | **9h00** | **9h15** | **9h30** | **9h45** | **10h00** | **10h15** |  |  |  |  |  |  |
| OPTIONAL | AG 5xweek |  |  |  |  |  |  |  |  |  |  |  |