

Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
White		Mon	White		Mon	White		Mon	White		Mon
	6:15 - 7:00 pm swim (Leslie)	Tue		6:15 - 7:00 pm swim (Tyler)	Tue		6:15 - 7:00 pm swim (Toni)	Tue		6:00 - 6:45 pm swim (Jenna)	Tue
		Wed			Wed			Wed			Wed
	6:15 - 7:00 pm swim (Leslie)	Thu		6:15 - 7:00 pm swim (Tyler)	Thu		6:15 - 7:00 pm swim (Toni)	Thu		6:45 - 7:30 pm swim (Jenna)	Thu
		Fri			Fri			Fri			Fri
		Sat			Sat			Sat			Sat
		Sun			Sun			Sun			Sun
Red	6:15 - 7:00 pm swim (Leslie)	Mon	Red	6:15 - 7:00 pm swim (Tyler)	Mon	Red	6:15 - 7:00 pm swim (Toni)	Mon	Red	6:00 - 6:45 pm swim (Lee)	Mon
		Tue			Tue			Tue			Tue
		Wed		6:15 - 7:00 pm swim (Tyler)	Wed		6:15 - 7:00 pm swim (Toni)	Wed		6:00 - 6:45 pm swim (Lee)	Wed
		Thu			Thu			Thu		6:00 - 6:45 pm swim (Jenna)	Thu
	6:15 - 7:00 pm swim (Leslie)	Fri		6:15 - 7:00 pm swim (Tyler)	Fri		6:15 - 7:00 pm swim (Toni)	Fri			Fri
	11:00 - 11:45 am swim (Leslie)	Sat			Sat			Sat			Sat
		Sun			Sun			Sun			Sun
Blue	7:00 - 8:00 pm swim (Leslie)	Mon	Blue	7:00 - 8:00 pm swim (Tyler)	Mon	Blue	7:00 - 8:00 pm swim (Toni)	Mon	Blue	6:45 - 8:00 pm swim (Lee)	Mon
		Tue			Tue			Tue		6:45 - 8:00 pm swim (Jenna)	Tue
		Wed		7:00 - 8:00 pm swim (Tyler)	Wed		7:00 - 8:00 pm swim (Toni)	Wed		6:45 - 8:00 pm swim (Lee)	Wed
	7:00 - 8:00 pm swim (Leslie)	Thu		7:00 - 8:00 pm swim (Tyler)	Thu		7:00 - 8:00 pm swim (Toni)	Thu			Thu
	7:00 - 8:00 pm swim (Leslie)	Fri		7:00 - 8:00 pm swim (Tyler)	Fri		7:00 - 8:00 pm swim (Toni)	Fri			Fri
	11:45 - 12:45 pm swim (Leslie)	Sat			Sat			Sat			Sat
		Sun			Sun			Sun			Sun

This schedule is subject to change due to facility issues and closures, holidays, inclement weather, etc.

Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Bronze	7:00 - 8:00 pm swim (Leslie)	Mon	Bronze	7:00 - 8:00 pm swim (Tyler)	Mon	Bronze	7:00 - 8:00 pm swim (Toni)	Mon	Bronze	6:45 - 8:00 pm swim (Lee)	Mon
	7:00 - 8:00 pm swim (Leslie)	Tue		7:00 - 8:00 pm swim (Tyler)	Tue		7:00 - 8:00 pm swim (Toni)	Tue		6:45 - 8:00 pm swim (Jenna)	Tue
		Wed		7:00 - 8:00 pm swim (Tyler)	Wed		7:00 - 8:00 pm swim (Toni)	Wed		6:45 - 8:00 pm swim (Lee)	Wed
	7:00 - 8:00 pm swim (Leslie)	Thu		7:00 - 8:00 pm swim (Tyler)	Thu		7:00 - 8:00 pm swim (Toni)	Thu		6:45 - 8:00 pm swim (Lee)	Thu
	7:00 - 8:00 pm swim (Leslie)	Fri		7:00 - 8:00 pm swim (Tyler)	Fri		7:00 - 8:00 pm swim (Toni)	Fri			Fri
	11:45 - 12:45 pm swim (Leslie)	Sat			Sat			Sat			Sat
		Sun			Sun			Sun			Sun
Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Silver	6:15 - 7:45 pm swim (Meghan at Colorado College Natatorium)	Mon	Silver	6:15 - 7:45 pm swim (Meghan at Colorado College Natatorium)	Mon	Silver		Mon	Silver		Mon
	6:30 - 7:45 pm swim (Meghan)	Tue			Tue			Tue			Tue
	6:15 - 7:45 pm swim (Collin at Coronado High School Pool)	Wed		6:15 - 7:45 pm swim (Meghan)	Wed			Wed			Wed
		Thu		6:30 - 7:45 pm swim (Cole)	Thu			Thu			Thu
	6:15 - 7:45 pm swim (Collin)	Fri		6:15 - 7:45 pm swim (Meghan)	Fri			Fri			Fri
	11:00 - 12:30 pm swim (Meghan or Collin)	Sat		10:00 - 11:30 am swim (Cole or Meghan)	Sat			Sat			Sat
		Sun			Sun			Sun			Sun
Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Gold	6:15 - 7:45 pm swim (Meghan at Colorado College Natatorium)	Mon	Gold	6:15 - 7:45 pm swim (Meghan at Colorado College Natatorium)	Mon	Gold		Mon	Gold		Mon
	6:00 - 6:30 pm dryland (Meghan) 6:30 - 7:45 pm swim (Meghan)	Tue		6:00 - 6:30 pm dryland (Cole) 6:30 - 7:45 pm swim (Cole)	Tue			Tue			Tue
	6:15 - 7:45 pm swim (Collin at Coronado High School Pool)	Wed		6:15 - 7:45 pm swim (Meghan)	Wed			Wed			Wed
	6:00 - 6:30 pm dryland (Meghan) 6:30 - 7:45 pm swim (Meghan)	Thu		6:00 - 6:30 pm dryland (Cole) 6:30 - 7:45 pm swim (Cole)	Thu			Thu			Thu
	6:15 - 7:45 pm swim (Collin)	Fri		6:15 - 7:45 pm swim (Meghan)	Fri			Fri			Fri
	11:00 - 12:45 pm swim (Meghan or Collin)	Sat		10:00 - 11:45 am swim (Cole or Meghan)	Sat			Sat			Sat
		Sun			Sun			Sun			Sun

This schedule is subject to change due to facility issues and closures, holidays, inclement weather, etc.

Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Varsity	6:15 - 8:00 pm swim (Karen)	Mon	Varsity	6:15 - 8:00 pm swim (Falco)	Mon	Varsity		Mon	Varsity	6:15 - 8:00 pm swim (Lee)	Mon
	6:00 - 6:30 pm dryland (Karen) 6:30 - 8:00 pm swim (Karen)	Tue		6:00 - 6:30 pm dryland (Falco) 6:30 - 8:00 pm swim (Falco)	Tue		Tue	6:00 - 6:30 pm drylands (Lee) 6:30 - 8:00 pm swim (Lee)		Tue	
		Wed			Wed		Wed	6:15 - 8:00 pm swim (Lee)		Wed	
	6:15 - 8:00 pm swim (Karen at Colorado College Natatorium)	Thu		6:15 - 8:00 pm swim (Karen at Colorado College Natatorium)	Thu		Thu	6:15 - 8:00 pm swim (Lee)		Thu	
	6:15 - 8:00 pm swim (Karen)	Fri		6:15 - 8:00 pm swim (Falco)	Fri		Fri			Fri	
	10:30 - 11:00 am drylands (Karen) 11:00 - 12:45 pm swim (Karen)	Sat		9:30 - 10:00 am drylands (Falco) 10:00 - 11:45 am swim (Falco)	Sat		Sat	10:30 - 11:00 am drylands (Karen at Air Force Academy Natatorium) ¹ 11:00 - 12:45 pm swim (Karen at Air Force Academy Natatorium) ¹		Sat	
		Sun			Sun		Sun			Sun	
Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Performance	6:15 - 8:00 pm swim (Karen)	Mon	Performance	6:15 - 8:00 pm swim (Falco)	Mon	Performance		Mon	Performance		Mon
	6:00 - 6:30 pm dryland (Karen) 6:30 - 8:00 pm swim (Karen)	Tue		6:00 - 6:30 pm dryland (Falco) 6:30 - 8:00 pm swim (Falco)	Tue		Tue			Tue	
	6:15 - 8:00 pm swim (Karen at Colorado College Natatorium)	Wed		6:15 - 8:00 pm swim (Karen at Colorado College Natatorium)	Wed		Wed			Wed	
	6:15 - 8:00 pm swim (Sean)	Thu		6:15 - 8:00 pm swim (Falco)	Thu		Thu			Thu	
	6:15 - 8:00 pm swim (Karen)	Fri		6:15 - 8:00 pm swim (Falco)	Fri		Fri			Fri	
	10:30 - 11:00 am drylands (Karen) 11:00 - 12:45 pm swim (Karen)	Sat		9:30 - 10:00 am drylands (Falco) 10:00 - 11:45 am swim (Falco)	Sat		Sat			Sat	
		Sun			Sun		Sun			Sun	
Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
State	5:45 - 6:15 pm drylands (Sean) 6:15 - 8:00 pm swim (Sean)	Mon	State	5:45 - 6:15 pm drylands (Falco) 6:15 - 8:00 pm swim (Falco)	Mon	State		Mon	State		Mon
	5:30 - 7:00 am swim (Sean and Falco at Colorado College Natatorium) 6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Tue		5:30 - 7:00 am swim (Sean and Falco at Colorado College Natatorium) 6:15 - 8:00 pm swim (Falco)	Tue		Tue			Tue	
	6:15 - 8:00 pm swim (Sean at Coronado High School Pool)	Wed		5:45 - 6:15 pm drylands (Falco) 6:15 - 8:00 pm swim (Falco)	Wed		Wed			Wed	
	5:30 - 7:00 am swim (Sean and Karen at Colorado College Natatorium) 5:45 - 6:15 pm drylands (Sean) 6:15 - 8:00 pm swim (Sean)	Thu		5:30 - 7:00 am swim (Sean and Karen at Colorado College Natatorium) 6:15 - 8:00 pm swim (Falco)	Thu		Thu			Thu	
	6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Fri		6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Fri		Fri			Fri	
	10:30 - 11:00 am drylands (Sean) 11:00 - 1:00 pm swim (Sean)	Sat		9:30 - 10:00 am drylands (Falco) 10:00 - noon swim (Falco)	Sat		Sat			Sat	
		Sun			Sun		Sun			Sun	

This schedule is subject to change due to facility issues and closures, holidays, inclement weather, etc.

Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
National	6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Sean)	Mon	National	6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Falco)	Mon	National		Mon	National		Mon
	5:30 - 7:00 am swim (Sean and Falco at Colorado College Natatorium) 6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Tue		5:30 - 7:00 am swim (Sean and Falco at Colorado College Natatorium) 6:15 - 8:00 pm swim (Falco)	Tue			Tue			Tue
	6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Sean at Coronado High School Pool)	Wed		6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Falco)	Wed			Wed			Wed
	5:30 - 7:00 am swim (Sean and Karen at Colorado College Natatorium) 6:15 - 8:00 pm swim (Sean)	Thu		5:30 - 7:00 am swim (Sean and Karen at Colorado College Natatorium) 6:15 - 8:00 pm swim (Falco)	Thu			Thu			Thu
	6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Fri		6:00 - 6:45 am drylands (Collin at Fit365) ² 6:15 - 8:00 pm swim (Sean at Colorado College Natatorium)	Fri			Fri			Fri
	11:00 - 1:00 pm swim (Sean)	Sat		10:00 - noon swim (Falco)	Sat			Sat			Sat
		Sun			Sun			Sun			Sun
Home Base: Air Force Academy (everything is at the Air Force Academy Cadet Natatorium unless otherwise noted)			Home Base: Cheyenne Mountain High School (everything is at the Cheyenne Mountain Aquatic Center unless otherwise noted)			Home Base: Colorado College (everything is at the Colorado College Natatorium unless otherwise noted)			Home Base: Woodmen Hills Recreation Center East (everything is at Woodmen Hills Recreation Center pool unless otherwise noted)		
Masters		Mon	Masters	5:30 - 7:00 am swim (Jamie)	Mon	Masters		Mon	Masters		Mon
		Tue			Tue			Tue			Tue
		Wed		5:30 - 7:00 am swim (Jamie)	Wed			Wed			Wed
		Thu			Thu			Thu			Thu
		Fri		5:30 - 7:00 am swim (Jamie)	Fri			Fri			Fri
		Sat		6:30 - 8:00 am swim (Jamie)	Sat			Sat			Sat
		Sun			Sun			Sun			Sun

Footnotes:

1. The last workout of the week for the Woodmen Hills Varsity group is at the Air Force Academy Natatorium with their Varsity group on Friday.
2. As an alternative to attending morning drylands at Fit365, National swimmers may attend scheduled drylands at the pool with the State group before swim practice instead.