



2023 WSC SUMMER LONG COURSE SCHEDULE



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
White:	12:00-1:00 PM OR 4:00-5:00 PM	12:00-1:00 PM OR 4:00-5:00 PM	12:00-1:00 PM OR 4:00-5:00 PM	12:00-1:00 PM OR 4:00-5:00 PM	12:00-1:00 PM	OFF
Red:	12:00-1:30 PM OR 5:30-7:00 PM	12:00-1:30 PM OR 5:30-7:00 PM	12:00-1:30 PM OR 5:30-7:00 PM	12:00-1:30 PM OR 5:30-7:00 PM	10:00-11:30 AM	10:00-11:30 AM
Silver:	10:00-12:00 PM	10:00-12:00 PM & 3:30-5:00 PM	10:00-12:00 PM	10:00-12:00 PM	10:00-12:00 PM	10:00-12:00 PM
Bronze:	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	3:30-5:30 PM	OFF	11:30-1:00 PM
Gold:	8:00-10:00 AM & 2:00-3:30 (dryland)	8:00-10:00 AM	8:00-10:00 AM & 2:00-3:30 PM (dryland + swim)	8:00-10:00 AM	8:00-10:00 AM	7:30-10:00 AM (dryland + swim)
National:	6:00-8:00 AM & 2:00-3:30 PM (swim)	6:00-8:00 AM & 8:00-8:45 AM (dryland)	6:00-8:00 AM	6:00-8:00 AM & 2:00-3:30 PM (dryland + swim)	6:00-8:00 AM	7:30-10:00 AM (dryland + swim)
College Group:	w/National 6:00-8:00 AM Or 7:00 PM OYO	w/National 6:00-8:00 AM Or 7:00 PM OYO	w/National 6:00-8:00 AM Or 7:00 PM OYO	w/National 6:00-8:00 AM Or 7:00 PM OYO	On your own After 12:00 PM	On your own After 12:00 PM