



2022 Long Course Season Practice Schedule



UPDATED May 31, 2022 - July, 29, 2022 UPDATED

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior 2	6:00 - 8:00 AM	6:00 - 8:00 AM		5:30 - 7:30 AM	5:30 - 7:30 AM	7:00 - 9:00 AM
	<i>dryland 8:15 - 8:45 AM</i>	<i>dryland 8:15 - 8:45 AM</i>	6:00 - 8:00 AM	<i>dryland 7:45 - 8:15 am</i>	<i>dryland 7:45 - 8:15 am</i>	
	1:00 - 3:00 PM*	1:00 - 3:00 PM*		1:00 - 3:00 PM*	1:00 - 3:00 PM*	
Senior 1	6:00 - 8:00 AM	6:00 - 8:00 AM		5:30 - 7:30 AM	5:30 - 7:30 AM	7:00 - 9:00 AM
	<i>dryland 8:15 - 8:45 AM</i>	<i>dryland 8:15 - 8:45 AM</i>	6:00 - 8:00 AM	<i>dryland 7:45 - 8:15 am</i>	<i>dryland 7:45 - 8:15 am</i>	
	1:00 - 3:00 PM*	1:00 - 3:00 PM*		1:00 - 3:00 PM*	1:00 - 3:00 PM*	
Junior	<i>dryland 7:30 - 7:50 AM</i>	<i>dryland 7:30 - 7:50 AM</i>	<i>dryland 7:30 - 7:50 AM</i>	7:30 - 9:00 AM	7:30 - 9:00 AM	
	8:00 - 9:30 AM	8:00 - 9:30 AM	8:00 - 9:30 AM			
Gold	9:30 - 10:30 AM	9:30 - 10:30 AM	9:30 - 10:30 AM	7:45 - 8:45 AM	7:45 - 8:45 AM	
Silver	9:30 - 10:30 AM	9:30 - 10:30 AM	9:30 - 10:30 AM	8:45 - 9:45 AM	8:45 - 9:45 AM	
Bronze	10:30 AM - 11:15 AM	10:30 AM - 11:15 AM	10:30 AM - 11:15 AM	9:00 - 9:45 AM	9:00 - 9:45 AM	

Afternoon senior practice is in addition to morning practice and is not to be used as a substitute for mornings.