



2023 Long Course Season Practice Schedule

May 30, 2023 - July, 28, 2023



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

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