



# 2021 Long Course Season Practice Schedule

UPDATED 5/14/21

June 7, 2021 - July 30, 2021



Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bronze	9:50-10:30am	9:50-10:30am	9:50-10:30am	9:45-10:30am	9:45-10:30am	OFF
Silver	9:00-9:50am	9:00-9:50am	9:00-9:50am	9:30-10:30am	9:30-10:30am	OFF
	dryland 8:15-8:45am		dryland 8:15-8:45am			
Gold	9:00-10:30am	9:00-10:30am	9:00-10:30am	8:00-9:45am	8:00-9:45am	OFF
	dryland 8:15-8:45am	dryland 8:15-8:45am	dryland 8:15-8:45am			
Senior 1	7:00-9:00am	7:00-9:00am	7:00-9:00am	6:00-8:00am	6:00-8:00am	7:00-9:00am
	dryland 9:15-9:45am	dryland 9:15-9:45am		dryland 8:15-8:45am	dryland 8:15-8:45am	
	1:00pm-3:00pm*	1:00pm-3:00pm*		1:00pm-3:00pm*	1:00pm-3:00pm*	
Senior 2	7:00-9:00am	7:00-9:00am	7:00-9:00am	6:00-8:00am	6:00-8:00am	7:00-9:00am
	dryland 9:15-9:45am	dryland 9:15-9:45am		dryland 8:15-8:45am	dryland 8:15-8:45am	
	1:00-3:00pm	1:00-3:00pm		1:00-3:00pm	1:00-3:00pm	