



RAYS 2023 LONG COURSE PRACTICE SCHEDULE

@Mountain View Aquatic Center unless indicated for CAC

Practice Schedule Begins May 25th – July 13th (AG) & 20th (Senior) 2023

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National	6:30-9:00am incl Dryland CAC	5:45-8am	6:30-9:00am incl Dryland CAC	5:45-8am	6:30-9:00am incl Dryland CAC	7:45-10am
PM	2:45-5pm	2:45-5pm		2:45-5pm		
Futures	5:45-8am	5:45-8am	5:45-8am	5:45-8am	6:30-8:30am incl Dryland CAC	7:45-10am
PM	2:30-5pm incl Dryland	2:30-5pm incl Dryland		2:30-5pm incl Dryland		
Senior	5:45-8am	5:45-8am		5:45-8am CAC incl Dryland	5:45-8am	7:45-10am
PM	3-5pm CAC incl Dryland		2:30-5:00pm incl Dryland			
Youth	7:45-10am	7:45-10am	7:45-10am	7:45-10am	7:45-10am	9:45-Noon
PM			3-5pm			
Age Group	7:45-9:30am	7:45-9:30am	7:45-9:30am	7:45-9:30am	7:45-9:30am	
Masters		6-7:30am CAC	6-7:30am		6-7:30am	

RAYS 2023 LONG COURSE PRACTICE SCHEDULE

@Cherokee County Aquatic Center (CCAC) unless indicated for MVAC

Practice Schedule Begins May 30th – July 13th (AG) & 20th (Senior) 2023

Group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior/ Futures	5:45-8am	5:45-8am	5:45-8am	5:45-8am	5:45-8am	7:45-10am
PM	3-5pm		3-5pm MVAC			
Youth/Age Group	4-6pm	4-6pm	4-6pm		4-6pm	7:45-10am
Masters	Noon-1pm		Noon-1pm		Noon-1pm	