

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-8:00am	AM: SR. Elite & Masters @FH  JR.E at home STR	AM: JR.E & Masters @CRWC  PRE. E @CRWC 6-7:00am  Lift: Performance SR. E Only 6:30-7:30am		AM: JR.E & Masters @CRWC  PRE. E @CRWC 6-7:00am  Lift: Performance SR. E Only 6:30-7:30am	AM: SR. Elite & Masters @FH  JR.E at home STR	8:00-9:30am @FH SR. Elite, Jr. Elite  Lift: Performance SR. E Only 10:00am
4:45-5:45pm	SR elite + Jr Elite @FH  Pre-Elite @ CRWC	SR elite + Jr Elite @FH  Pre-Elite @ CRWC	SR elite + Jr Elite @CRWC  Pre-Elite @ FH	SR elite + Jr Elite @CRWC  Pre-Elite @ FH	SR elite + Jr Elite @CRWC 4:30-6:00pm  JR + SR @FH	10:00-11:30am @FH SR, JR, FR
5:45-6:45pm	Masters @CRWC  JR + SR @ FH SO @FH	JR + SR @ FH FR @ FH	Masters @CRWC  JR + SR @ CRWC SO @CRWC	JR + SR @ CRWC FR @ CRWC	SO @ FH Pre-Elite @ FH	10:00-11:30am @CRWC Pre. Elite, SO

Developmental	4:45 – 5:45pm Dev. 1 CRWC	4:45 – 5:45pm Dev. 3 CRWC	4:45 – 5:45pm Dev. 1 FH	4:45 – 5:45pm Dev. 3 FH		
	5:45pm -6:45pm Dev. 2 CRWC	5:45pm -6:45pm Dev. 4 CRWC	5:45pm -6:45pm Dev. 2 FH	5:45pm -6:45pm Dev. 4 FH		