

7	8	9	10	11	12	13
SCST Pentathlon	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (DGS) 7:30-8:45 Gold (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Senior Prep (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	 8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Silver (DGS) Swim: 6:00-7:30 Gold (DGS) X Senior Prep Swim (DGS): 7:30-9:00 Senior Swim (DGS): 7:30-9:00 Sr. Performance (DGS) 7:30-9:00 Mental Skills For Seniors 6:30-7:30 (DGS) Room C146	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Gold (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Senior Prep Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Senior Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Silver (DGN) Swim: 7:00-8:30 Gold (DGS) 7:30-9:00 Senior Prep Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Senior Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Sr. Performance (DGN) Swim: 7:00-9:00	 8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Silver (DGS) Dryland: 6:15-6:45 Swim: 7:00-8:30 Gold (DGN) Swim: 7:30-9:00 Senior Prep (DGN) Swim: 7:30-9:00 Senior (DGN) Swim: 7:30-9:15 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	Bowlero Outing

14	15	16	17	18	19	20
	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (DGS) 7:30-8:45 Gold (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Senior Prep (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Silver (DGS) Swim: 6:00-7:30 Gold (DGN) 7:30-9:00 Senior Prep Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Senior Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Sr. Performance (DGN) Swim: 7:30-9:15	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Gold (DGS) 7:30-9:00 Senior Prep (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Silver (DGN) Swim: 7:00-8:30 Gold (DGS) 7:30-9:00 Senior Prep Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Senior Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Sr. Performance (DGN) Swim: 7:00-9:00	8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Silver (DGS) Dryland: 6:15-6:45 Swim: 7:00-8:30 Gold (DGN) Swim: 7:30-9:00 Senior Prep (DGN) Swim: 7:30-9:00 Senior (DGN) Swim: 7:30-9:15 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 FMC Spring Into Season	FMC Spring Into Season

21	22	23	24	25	26	27
FMC Spring Into Season	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver (DGS) 7:30-8:45 Gold (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Senior Prep (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00	 8 & Under (DGS) 6:00-7:00 Bronze (DGS) Swim: 6:00-7:00 Silver (DGS) Swim: 6:00-7:30 Gold (DGN) 7:30-9:00 Senior Prep Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Senior Dryland (MFC): 6:00-7:00 Swim (DGS): 7:30-9:00 Sr. Performance (DGN) Swim: 7:30-9:15	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Dryland: 7:15-7:45 Silver () X Gold (DGN) 6:00-7:15 Senior Prep (DGN) Swim: 7:00-8:30 Senior (DGN) Swim: 7:00-8:45 Sr. Performance Dryland (MFC): 6:00-7:00 Swim (DGN): 7:30-9:00	Mini-Hornets (DGN) 7:00-7:45 Jr Hornets (DGN) 6:00-7:00 8 & Under (DGN) 6:00-7:00 Bronze (DGN) Swim: 6:00-7:00 Silver (DGN) 6:00-7:15 Gold (DGN) Dryland: 6:00-6:45 Swim: 7:00-8:30 Senior Prep Dryland (MFC): 6:00-7:00 Senior Dryland (MFC): 6:00-7:00 Sr. Performance (DGN) Swim: 7:00-9:00	 8 & Under () X Bronze () X Silver () X Gold () X Senior Prep (YMCA) 5:00-7:00 Senior (YMCA) 5:00-7:00 Sr. Performance Dryland (MFC): 6:00-7:00	Mini-Hornets (DGS) 12:00-12:45 Jr Hornets (DGS) 12:00-1:00 8 & Under (DGS) 12:00-1:00 Bronze (DGS) 12:00-1:00 Silver (DGS) 1:00-2:15 Gold (DGS) 12:00-1:30 Senior Prep (DGS) 1:30-2:30 Senior (DGS) 1:30-3:00 Sr. Performance (DGS) 1:00-3:00