

# 2022 Long Course Schedule - Late Spring

This is a baseline schedule for the late spring long course season. The FOX meet schedule and high school programming will affect some days.  
**This schedule will run from Monday, May 16 to the end of the school year.**

Group	8&U B		8&U A	
Monday	5:30-6:30p	NV	6:30-7:30p	NV
Tuesday	5:30-6:30p	NV	6:30-7:30p	NV
Wednesday	5:30-6:30p	NV	6:30-7:30p	NV
Thursday	5:30-6:30p	NV	6:30-7:30p	NV

Group	TDG 11&U		TDG 11&O	
Monday	5:30-6:30p	WV	6:30-7:30p	WV
Tuesday	5:30-6:30p	WV	6:30-7:30p	WV
Wednesday	5:30-6:30p	WV	6:30-7:30p	WV
Thursday	5:30-6:30p	WV	6:30-7:30p	WV

Group	9/10		
	<i>Dryland</i>	<i>Swim</i>	
Monday	4:45-5:15p	5:15-6:45p	NV
Tuesday	6:30-7:00p	7:00-8:30p	WV
Wednesday		5:15-6:45p	NV
Thursday	6:30-7:00p	7:00-8:30p	WV
Friday		4:30-6:00p	NV

Facilities
Neuqua Valley (NV) 2360 95th Street, Naperville
Waubonsie Valley (WV) 2590 Ogden Avenue, Aurora
Fry Family Y (Fry Y) 2120 95th Street, Naperville

Group	11/12 Black			11/12 Gold		
	<i>Dryland</i>	<i>Swim</i>		<i>Dryland</i>	<i>Swim</i>	
Monday	6:45-7:15p	7:15-9:00p	WV	6:15-6:45p	6:45-8:30p	NV
Tuesday	4:45-5:15p	5:15-7:00p	NV	4:45-5:15p	5:15-7:00p	WV
Wednesday	6:45-7:15p	7:15-9:00p	WV	6:15-6:45p	6:45-8:30p	NV
Thursday	4:45-5:15p	5:15-7:00p	NV	4:45-5:15p	5:15-7:00p	WV
Friday	5:30-6:00p	6:00-7:30p	WV	5:30-6:00p	6:00-7:30p	NV
Saturday		9:15-11:00a	NV		9:15-11:00a	WV

Group	13/14			Senior		
	<i>Dryland</i>	<i>Swim</i>		<i>Dryland</i>	<i>Swim</i>	
Monday	4:30-5:15p	5:15-7:15p	WV	5:15-6:00p	3:15-5:15p	NV Girls/WV Boys
Tuesday AM					5:15-6:45a	NV/WV
Tuesday PM	6:15-7:00p	7:00-9:00p	NV	5:15-6:00p	3:15-5:15p	NV Boys/WV Girls
Wednesday	4:30-5:15p	5:15-7:15p	WV	5:15-6:00p	3:15-5:15p	NV Girls/WV Boys
Thursday AM					5:15-6:45a	NV/WV
Thursday PM	6:15-7:00p	7:00-9:00p	NV	5:15-6:00p	3:15-5:15p	NV Boys/WV Girls
Friday AM					5:15-6:45a	NV/WV
Friday PM	4:00-4:30p	4:30-6:00p	WV			
Saturday		7:15-9:15a	NV	9:15-10:00a	7:00-9:15a	WV

\*Evening practices are split by gender

\*Athletes should attend their home school practice in the AM