sday Wednesday r HPB Senior HPB - 8:30 (5:45)6:30 - 8:30 old Gold 30 - 8:00 6:30 - 8:00	Thursday Senior HPB 0 6:30 - 8:30 Gold (5:45) 6:30 - 8:00	Friday Senior HPB 5:30 - 7:30 Gold 5:30 - 7:00	Saturday High School Combined 7:00 - 9:00 at Summit Middle School Combined 10:30 - 12:00 at
- 8:30 (5:45)6:30 - 8:30 old Gold	0 6:30 - 8:30 Gold	5:30 - 7:30 Gold	Combined 7:00 - 9:00 at Summit Middle School Combined
old Gold	Gold	Gold	7:00 - 9:00 at Summit Middle School Combined
			Combined
30 - 8:00 6:30 - 8:00	(5:45) 6:30 - 8:00	5:30 - 7:00	
			Summit
nze Bronze	Bronze	Bronze	Elementary
30 - 7:45 no practice	(6:00)6:30 - 7:45	5:30 - 6:45	Combined
			9:00 – 10:30 at Summit
ver Silver	Silver	Silver	Elementary
30 - 8:00 no practice	6:30 - 8:00	5:30 - 7:00	Combined 9:00 – 10:30 at Summit
School Swim School	Swim School	Swim School	Swim School
	6:30 - 7:30	no practice	no practice
1	School Swim School - 7:30 no practice		

November 15th - 19th