

November 22nd - 27th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
High School Boys: Swim 3:00 - 5:00 Weights 5:30 - 6:15 High School Girls: Swim 5:00-7:00	High School Boys: Swim 3:00 - 5:00 High School Girls: 5:00 - 7:00 Weights 5:15 - 6:30 AM	High School Boys: Swim 3:00 - 5:00 High School Girls: 3:00 - 5:00 Weights NONE	High School Boys: no practice High School Girls: no practice AM swim: no practice	High School Boys: 3:00 - 5:00 High School Girls: 3:00 - 5:00 Weights NONE	High school Combined no practice weights:No practice	
Blue: 3:00 - 5:00	Blue: 3:00 - 5:00 (5:45)	Blue: NO AM practice 3:00 - 5:00 PM	Blue: no practice	Blue: 3:00 - 5:00	Blue 10:00- 11:30 Summit	
Red: 5:00 - 6:30 (4:30)	Red: 5:00 - 6:30	Red: 6:15 - 7:45	Red: no practice	Red: No practice	Red 10:00- 11:30 Summit	
Yellow 5:00 -6:30 (7:15)	Yellow no practice	Yellow 5:00 -6:30 (7:15)	Yellow no practice	Yellow 5:00 - 6:30	Elementary Combined no practice	
Green: 6:30 - 7:45	Green: 6:30 - 7:45	Green: (4:30) 5:00 - 6:15	Green: no practice	Green: No practice	Elementary Combined no practice	
Exploration 1 5:00 - 6:00	Exploration 1 6:30 – 7:30	Exploration 1 No practice	Exploration 1 no practice	Exploration 1 No practice	Exploration 1 no practice	
Exploration 2 6:00 - 7:00	Exploration 2 6:30 – 7:30	Exploration 2 No practice	Exploration 2 no practice	Exploration 2 No practice	Exploration 2 no practice	

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