**RACE Practice Schedule SCY 2018-2019** (starts Monday, October 29)

|  |  |  |  |  |  |  |
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| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Masters  4.75 hr/wk |  | **5-6:15 am** |  | **5-6:15 am** | **5-6:15 am** | **8-9 am** |
| Bronze  (formerly D1)  6 hr/wk | **6:15-7:15 pm**  Pool 6:15-7  Dry 7-7:15 | **6:15-7:15 pm**  Pool 6:15-7  Dry 7-7:15 | **6:15-7:15 pm**  Pool 6:15-7  Dry 7-7:15 | **6:15-7:15 pm**  Pool 6:15-7  Dry 7-7:15 | **6:15-7:15 pm**  Pool 6:15-7  Dry 7-7:15 | **9:15-10:15 am**  Pool 9:15-10  Dry 10-10:15 |
| Silver (formerly D2/D3)  7.75 hr/wk | **5:45-7 pm**  Dry 5:45-6  Pool 6-7 | **5:45-7 pm**  Dry 5:45-6  Pool 6-7 | **5:45-7 pm**  Dry 5:45-6  Pool 6-7 | **5:45-7 pm**  Dry 5:45-6  Pool 6-7 | **5:45-7 pm**  Dry 5:45-6  Pool 6-7 | **9:15-10:45 am**  Pool 9:15-10:15  Dry 10-10:15 |
| Gold (formerly Tr1/2)  10.75 hr/wk | **4:45-6:30 pm**  Pool 4:45-6:15  Dry 6:15-6:30 | **4:45-6:30 pm**  Pool 4:45-6:15  Dry 6:15-6:30 | **4:45-6:30 pm**  Pool 4:45-6:15  Dry 6:15-6:30 | **4:45-6:30 pm**  Pool 4:45-6:15  Dry 6:15-6:30 | **4:45-6:30 pm**  Pool 4:45-6:15  Dry 6:15-6:30 | **9:15-11:15 am**  Pool 9:15-10:45  Dry 10:45-11:15 |
| Jr (formerly  PS/Sr1)  14.5hr/wk | **3:30-5:45 pm**  Pool 3:30-5  Dry 5-5:45 | **3:30-5:45 pm**  Pool 3:30-5  Dry 5-5:45 | **3:30-5:45 pm**  Pool 3:30-5  Dry 5-5:45 | **3:30-5:45 pm**  Pool 3:30-5  Dry 5-5:45 | **3:30-5:45 pm**  Pool 3:30-5  Dry 5-5:45 | **8-11 am**  Pool 8-10 am  Dry 10-11 am |
| Sr (formerly Sr2)  16.75 hr/wk | **3:15-6 pm**  Pool 3:15-5:15  Dry 5:15-6 | **3:15-6 pm**  Pool 3:15-5:15  Dry 5:15-6 | **3:15-6 pm**  Pool 3:15-5:15  Dry 5:15-6 | **3:15-6 pm**  Pool 3:15-5:15  Dry 5:15-6 | **3:15-6 pm**  Pool 3:15-5:15  Dry 5:15-6 | **8-11 am**  Pool 8-10 am  Dry 10-11 am |
| High School  7.5 hr/wk | **6:30-8 pm**  Dry 6:30-7  Pool 7-8 | **6:30-8 pm**  Dry 6:30-7  Pool 7-8 | **6:30-8 pm**  Dry 6:30-7  Pool 7-8 | **6:30-8 pm**  Dry 6:30-7  Pool 7-8 | **6:30-8 pm**  Dry 6:30-7  Pool 7-8 |  |
| HS Dive  4 hr/wk | **8-9 pm** | **8-9 pm** | **8-9 pm** | **8-9 pm** |  |  |

In general, dryland sessions of 15 minutes will be done on the pool deck in swimming attire, while dryland sessions of 30 minutes or longer will be done outdoors in appropriate attire for the prevailing weather.