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

|  |  |  |  |  |  |  |
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| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Masters4.75 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 6:15-7Dry 7-7:15 | **6:15-7:15 pm**Pool 6:15-7Dry 7-7:15 | **6:15-7:15 pm**Pool 6:15-7Dry 7-7:15 | **6:15-7:15 pm**Pool 6:15-7Dry 7-7:15 | **6:15-7:15 pm**Pool 6:15-7Dry 7-7:15 | **9:15-10:15 am**Pool 9:15-10Dry 10-10:15 |
| Silver (formerly D2/D3)7.75 hr/wk | **5:45-7 pm**Dry 5:45-6Pool 6-7 | **5:45-7 pm**Dry 5:45-6Pool 6-7 | **5:45-7 pm**Dry 5:45-6Pool 6-7 | **5:45-7 pm**Dry 5:45-6Pool 6-7 | **5:45-7 pm**Dry 5:45-6Pool 6-7 | **9:15-10:45 am**Pool 9:15-10:15Dry 10-10:15 |
| Gold (formerly Tr1/2)10.75 hr/wk | **4:45-6:30 pm**Pool 4:45-6:15Dry 6:15-6:30 | **4:45-6:30 pm**Pool 4:45-6:15Dry 6:15-6:30 | **4:45-6:30 pm**Pool 4:45-6:15Dry 6:15-6:30 | **4:45-6:30 pm**Pool 4:45-6:15Dry 6:15-6:30 | **4:45-6:30 pm**Pool 4:45-6:15Dry 6:15-6:30 | **9:15-11:15 am**Pool 9:15-10:45Dry 10:45-11:15 |
| Jr (formerlyPS/Sr1)14.5hr/wk |  **3:30-5:45 pm**Pool 3:30-5Dry 5-5:45 | **3:30-5:45 pm**Pool 3:30-5Dry 5-5:45 | **3:30-5:45 pm**Pool 3:30-5Dry 5-5:45 | **3:30-5:45 pm**Pool 3:30-5Dry 5-5:45 | **3:30-5:45 pm**Pool 3:30-5Dry 5-5:45 | **8-11 am**Pool 8-10 amDry 10-11 am |
| Sr (formerly Sr2)16.75 hr/wk | **3:15-6 pm**Pool 3:15-5:15Dry 5:15-6 | **3:15-6 pm**Pool 3:15-5:15Dry 5:15-6 | **3:15-6 pm**Pool 3:15-5:15Dry 5:15-6 | **3:15-6 pm**Pool 3:15-5:15Dry 5:15-6 | **3:15-6 pm**Pool 3:15-5:15Dry 5:15-6 | **8-11 am**Pool 8-10 amDry 10-11 am |
| High School7.5 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 Dive4 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.