**RACE Practice Schedule SCY 2019-2020** (starts Monday, September 23)

|  |  |  |  |  |  |  |
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| Group | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Bronze | **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 | **9-10:15 am**Pool 9-10:15  |
| Silver  | **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 | **9-10:15 am**Pool 9-10:15 |
| Gold  | **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 | **9-11:15 am**Pool 9-10:30Dry 10:30-11:15 |
| Sr  | **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 |
| Sr Prep (ends 9/30)  | **7-8 pm** (all water) | **7-8 pm** (all water) | **7-8 pm** (all water) | **7-8 pm** (all water) |  |  |
| High SchoolSwim (starts 10/1) | **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 | **8-9 pm** | **8-9 pm** | **8-9 pm** | **8-9 pm** |  |  |

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