**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 6:15-7  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 | **9-10:15 am**  Pool 9-10:15 |
| Silver | **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 | **9-10:15 am**  Pool 9-10:15 |
| Gold | **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 | **9-11:15 am**  Pool 9-10:30  Dry 10:30-11:15 |
| Sr | **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 |
| 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 School  Swim (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.