

**Phase II - FALL/WINTER 2020 (effective February 1, 2020)**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tidal Wave		OFF	5:00-6:00 SWIM	5:00-6:00 SWIM	5:00-6:00 SWIM	OFF	select TW swimmers may attend 8:00-10:15am SWIM + DL @ LKS (please ask if your swimmer is ready)
Cyclone		OFF	4:30-6:00 DL + SWIM	4:30-6:00 SWIM	4:30-6:00 DL + SWIM		8:00-10:15am DL + SWIM @ LAKESIDE
Tsunami		4:30-7:15 DL + SWIM	6-7:30 SWIM	5:10-7:30 DL + SWIM	6-7:30 SWIM		8:00-11am SWIM + DL @ UNO (dryland after swim)
Senior		<i>same as TSU</i>	<i>same as TSU</i>	<i>same as TSU</i>	<i>same as TSU</i>		7:00-10:00am DL + SWIM @ UNO (dryland before swim)

DL = Dryland (must have suit UNDERNEATH dryland clothing)

4 people per lane, 2 on opposite ends, with 2nd person in each lane at the flags when resting for more than 10 seconds