

FINAL DRAFT ~ February 15, 2019

Post CPSA Championship ~ At the Recreation Center

Only swimmers competing in championship meets will continue to practice.

February 25-March 1, 2019 (Competitions: HS Districts and MA Junior Olympics)

Monday-Thursday 3:00-5:00 Senior A & B
5:00-6:30 Silver 1&2
6:30-7:30 Bronze/Diamond

Friday NO PRACTICE

Saturday NO PRACTICE

March 4-9, 2019 (Competitions: NONE)

Monday-Thursday 3:00-5:00 Senior A & B
5:00-6:30 Silver 1&2
6:30-7:30 Bronze/Diamond

Friday 3:00-4:30 Senior A & B
4:30-5:45 Silver 1 & 2

Saturday 9:30-11:00 (Due to Synchro Rehearsal)

March 11-16, 2019 (Competitions: HS State Championship)

Monday-Thursday 3:00-4:30 Senior A & B
4:30-6:00 Silver 1 & 2
6:00-7:00 Bronze / Diamond

Friday 3:00-4:30 Senior / Silver

Saturday NO PRACTICE

After Rec Center Closing: at VISTA School or Palmyra High School

March 18-22, 2019 (Competitions: MA Silver Champs Fri-Sun)

Monday-Thursday 3:30-5:00 Senior @ Palmyra High School (21 Swimmers)
5:00-6:00 Silver @ VISTA (21 Swimmers)
6:00-7:00 Bronze / Diamond @ VISTA (20 Swimmers)

Friday 3:30-5:00 Senior @ Palmyra High School (20 Swimmers)
5:00-6:00 Silver @ VISTA (20 Swimmers)

March 25-29 (Competitions: MA Senior Champs, JR National Cup)

Monday-Thursday 3:30-5:00 Senior @ Palmyra High School

Monday = 18 Tues-Thur = 10

Monday-Thursday 5:00-6:00 Age Group Zone @ VISTA (6 Swimmers)

Friday 5:00-6:00 All Zone Swimmers @ VISTA (7 Swimmers)

April 1-2 (Competitions: Eastern Zones)

Monday-Tuesday 5:00-6:00 Senior / Silver / Bronze @ VISTA (7 Swimmers)

SPRING SEASON BEGINS

APRIL 8, 2019