

2019 - CRUISERS EAST

ONLINE SIGN UP PROCEDURE FOR PRACTICE TIMES: MAY 28 – JULY 2

Open sign up times will be available online:

SWIMMERS MUST BE SIGNED UP IN ORDER TO PARTICIPATE IN A PRACTICE SESSION

ONLY SIGN UP FOR PRACTICES YOU ARE **CERTAIN** YOU CAN ATTEND

The times and number of swimmers allowed for each practice are listed below

To get to the sign up page:

Go to team website: www.crcruisers.org

Click **EVENTS** - narrow the selections by changing the event category to "practice"

Scroll to the practice day – **MAKE SURE YOU CHOOSE THE CORRECT TEAM!!!**

Click **JOB SIGNUP** – Check the boxes you want – Scroll to bottom to SIGN UP – **please list swimmer(s) names so we know who to expect!!**

REC CENTER - MORNINGS **MONDAY/WEDNESDAY/FRIDAY** **STROKE/DIVING CLINICS** **JUNE 3 - JULY 2**

6:45 - 7:30 - 16 Admirals/Commodores
8:00 - 8:45 - 16 Admirals/Commodores
7:15 - 8:00 - 8 Lieutenants
8:00 - 8:45 - 16 Lieutenants
7:30 - 8:00 - 8 Ensigns
8:00 - 8:30 - 8 Ensigns
8:30 - 9:00 - 8 Ensigns
7:30 - 8:00 - 6 Sailors
8:00 - 8:30 - 6 Sailors
8:30 - 9:00 - 6 Sailors

REC CENTER – MORNING **TUESDAY & THURSDAY** **JUNE 3 - JULY 2**

8:00 - 9:15 - 20 Admirals
8:00 - 9:00 - 10 Commodores
9:00 - 10:00 - 10 Commodores
8:00 - 8:45 - 20 Lieutenants
8:45 - 9:15 - 20 Lieutenants
8:30 - 9:15 - 10 Ensigns
9:15 - 10:00 - 10 Ensigns
8:00 - 8:30 - 7 Sailors
9:15 - 9:45 - 7 Sailors

BUTTERFIELD – AFTERNOONS **MONDAY & TUESDAY** **STROKE/DIVING CLINICS** **MAY 28 - JULY 2**

2:30 - 3:15 - 16 Ad/Comm
3:15 - 4:00 - 16 Ad/Comm
4:00 - 4:45 - 8 Ad/Comm
4:45 - 5:30 - 8 Ad/Comm
2:30 - 3:15 - 16 Lieutenants
3:15 - 4:00 - 8 Lieutenants
4:00 - 4:45 - 8 Lieutenants
4:45 - 5:30 - 8 Lieutenants
4:00 - 4:30 - 8 Ensigns
4:30 - 5:00 - 8 Ensigns
5:00 - 5:30 - 8 Ensigns
3:15 - 3:45 - 6 Sailors
3:45 - 4:15 - 6 Sailors
4:15 - 4:45 - 6 Sailors
4:45 - 5:15 - 6 Sailors

BUTTERFIELD – AFTERNOONS **WEDNESDAY & THURSDAY** **MAY 28 – JULY 2**

6:00 - 7:30 - 20 Admirals
6:00 - 7:00 - 20 Commodores
6:00 - 6:45 - 20 Lieutenants
6:45 - 7:30 - 20 Lieutenants
6:00 - 6:45 - 10 Ensigns
6:45 - 7:30 - 10 Ensigns
6:00 - 6:30 - 7 Sailors
6:30 - 7:00 - 7 Sailors
7:00 - 7:30 - 7 Sailors