

STAR EARLY SPRING PRACTICE SCHEDULE 2020

Effective April 13-appx May 21

JUNIORS AND SENIORS START APRIL 8. AGE GROUP AND STROKERS START APRIL 13

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MASTERS (Ongoing) announced)	5:30-7:00 AM HU	6:00-7:00 AM OX	6:00-7:00 AM HU	6:00-7:00 AM OX	5:30-7:00 AM HU	6:00-8:00 AM OX (when announced)
STROKER	5:15-6:30 PM STK	5:15-6:30 PM HU		5:15-6:30 PM HU		8-9 AM OX (when announced)
AGE GROUP announced)	6:15-7:45 PM STK	6:15-7:45 PM HU	5:15-6:45 PM STK	6:15-7:45 PM HU		6:45-8 AM OX (when announced)
JUNIOR announced)	4:00-5:45 PM OX	4:00-5:45 PM HU	4:00-5:45 PM OX	4:00-5:45 PM HU	4:00-5:45 PM OX	6:00-8 AM OX (when announced)
SENIOR announced)	3:30-5:45 PM STK	3:30-5:45 PM OX	3:30-5:45 PM STK	3:30-5:45 PM OX	3:30-5:45 PM STK	6-8:15 AM OX (when announced)

THE JUNIOR AND SENIOR TEAM MEMBERS MAY USE MASTERS WORKOUTS FOR MAKING UP WORKOUTS. MASTERS MAY JOIN THE SENIOR TEAM FOR SATURDAY WORKOUTS. SATURDAY PRACTICES WILL BE POSTED DURING THE WEEK.

POOL CODES: **HU** = HAMLIN UNIVERSITY **OX** – OXFORD COMMUNITY CENTER – GREAT RIVER WATERPARK **STK** – UNIVERSITY OF ST. CATHERINE

STAR LATE SPRING PRACTICE SCHEDULE 2020

Approximately – Friday May 22 – Friday June 9

<u>GROUP</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
MASTERS	5:30-7:00 AM HU	6:00-7:00 AM OX	6:00-7:00 AM HU	6:00-7:00 AM OX	5:30-7:00 AM HU	7:00-9:30 AM HI (when announced)
STROKER	5:15-6:30 PM HI	5:15-6:30 PM HI		5:15-6:30 PM HI		8:30-9:30 AM HI (when announced)
AGE GROUP	5:15-6:45 PM HI	5:15-6:45 PM HI		5:15-6:45 PM HI	5:15-6:45 PM HI	7:30-8:30 AM HI (when announced)
JUNIOR	4:00-5:45 PM HI	4:00-5:45 PM HI	4:00-5:45 PM HI	4:00-5:45 PM HI	4:00-5:45 PM HI	7:00-9:30 AM HI (when announced)
SENIOR	3:30-5:45 PM HI	3:30-5:45 PM HI	3:30-5:45 PM HI	3:30-5:45 PM HI	3:30-5:45 PM HI	7:00-9:30 AM HI (when announced)

THE JUNIOR AND SENIOR TEAM MEMBERS MAY USE MASTERS WORKOUTS FOR MAKING UP WORKOUTS THEY MISS
MASTERS MAY JOIN THE SENIOR TEAM FOR SATURDAY WORKOUTS

SATURDAY PRACTICES WILL BE ANNOUNCE DURING THE WEEK

POOL CODES

HU = HAMLINE UNIVERSITY

OX – OXFORD COMMUNITY CENTER – GREAT RIVER WATERPARK

HI - HIGHLAND OUTDOOR POOL

Summer Practice Schedule 2020
PRACTICE SCHEDULE
EFFECTIVE FRIDAY JUNE 10 – THURSDAY JULY 30

Masters	6-7 AM	M-F	Highland
	7:00-9:00 AM	Saturday	Highland (when announced)
Senior	6-8:15 AM	M-F	Highland
	6:30-8:00 PM	Monday	Highland
	5:00-6:30 PM	T&Th	Hamline
	7:00-9:30 AM	Saturday	Highland (when announced)
Junior	6:45-9 AM	MWF	Highland
	6:45-8:45 AM	TTh	Highland
	7:00-9:00 AM	Saturday	Highland (when announced)
Age Group	8:15-9:45 AM	MF	Highland
	8:30 -10:00 AM	TTh	Highland
	7:00-8:15 AM	Saturday	Highland (when announced)
Stroker	7:30-8:45 AM	M	Highland
	6:15-7:30 PM	TTh	Hamline
	8:15-9:15 AM	Saturday	Highland (when announced)

SATURDAY PRACTICES WILL BE ANNOUNCED DURING THE WEEK

STAR swims in any weather except for lightning. Lightning at your house does not mean lightning at Highland.

Please be at practice on time. There are very few time conflicts at 6 am, or at 6:45 am. Swimmers should be ready to get in the water when practice time begins.