2018 Long Course Practice Schedule

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | 9 | Sat. @ MSM |
| **Bronze** | **6:45 -7:45** |  | **6:45 -7:45** |  | **6:45 -7:45** | **10:00 – 11:00** |
| **Silver** | **6:45 – 8:15** | **6:45 – 8:15** |  | **6:45 – 8:15** | **6:45 – 8:15** | **9:30 – 11:00** |
| **Gold**  | **6:45 – 8:45** | **6:45 – 8:15** | **6:45 – 8:45** | **6:45 – 8:15** | **6:45 – 8:15** | **10:00 – 11:30** |
| **HS Dev** | **7:45 – 9:00** | **7:45 – 9:00** | **7:45 – 9:00** | **7:45 – 9:00** |  |  |
| **Senior** | **6:30 – 8:30** | **6:30 – 8:30** | **6:30 – 8:30** | **6:30 – 8:30** | **4:30 – 6:30** | **9:30 – 11:30** |

**Mount Saint Mary / Cornwall High School**

**Cornwall High School Block Out Days**

|  |  |
| --- | --- |
| April | May |
| 9, 10, 11, 12, 13, 25 | 21, 25, 28, 29, 31 |