

Long Course Tentative Practice Schedule - June/July 2022

| Morning | | | | | | |
|--------------------|------------------------|------------------------|------------------------|-----------------------------|-----------------------------|-------------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Age Group | 7-8:30am SMAC | 7:30-9am SMAC | 7-8:30am SMAC | 7:30-9am SMAC | 7:30-9am SMAC | |
| Junior II | 7-8:30am SMAC | 7:30-9am SMAC | 7-8:30am SMAC | 7:30-9am SMAC | 7:30-9am SMAC | |
| Junior I | 6:45- 9:00am | 6:45- 9:00am | 6:45- 9:30am | 6:45- 9:00am | 6:45- 9:30am | 6:45-9am AA |
| Senior Prep | 6:45- 8:30am | 6:45- 8:30am | 6:45- 8:30am | 6:45- 8:30am | OFF | |
| Senior I | 5.45-7.45am Shawnee | 5.45-7.45am Shawnee | 5.45-7.45am Shawnee | 5.45-7.45am Shawnee | 5.45-7.45am Shawnee | 6:45-9am AA |
| National | 5:45-8am AA | 5:45-8am AA DL: TBC | 5:45-am AA | 5:45-8am AA DL/ Yoga:TBC | 6:30-11.30am AA+ DL: TBC | 6:45-9am AA |
| Afternoon | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Pre Blazers | 5:30-7:30pm BV | 5:30-7:30pm BV | 5:30-7:30pm BV | 5:30-7:30pm BV | X | |
| Age Group | 5:30-7:30pm BV | 5:30-7:30pm BV | 5:30-7:30pm BV | 5:30-7:30pm BV | X | |
| Junior II | | 3.30-5pm BVH | X | 3.30-5pm BVH | X | |
| Junior I | | 4-5:30pm SMAC | X | 4-5:30pm SMAC | X | |
| Senior Prep | 4:30-6:30 SMN | X | 4:30-6:30 SMN | X | 4:00-5:30 SMN | |
| Senior I | 3:30-5:30pm SMN | X | 3:30-5:30pm SMN | X | 3:30-5:00pm SMN | |
| National | 4-5:30pm SMAC | 4-5.30pm SMAC (TBC) | X | 4-5.30pm SMAC | X | |