

2022 JANURARY SCHEDULE

<i>1/3-2/5</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Hammerheads</u>	4:00-4:45 pm	OFF	4:00-4:45 pm	OFF	4:00-4:45 pm	OFF
<u>Makos I</u>	Swim 3:45-4:45 pm	OFF	Swim 3:45-4:45 pm	OFF	Swim 3:45-4:45 pm	OFF
<u>Makos II</u>	Swim 3:45-5:00 pm	Swim 3:45-5:00 pm Dryland 5:05-5:20 pm	OFF	Swim 3:45-5:00 pm Dryland 5:05-5:20 pm	Swim 3:45-5:00 pm	OFF
<u>Tigersharks</u>	Swim 6:30-7:45 pm Dryland 7:45-8:00 pm	Swim 6:30-8:00 pm	Swim 6:30-7:45 pm Dryland 7:45-8:00 pm	Swim 6:30-8:00 pm	Swim 6:30-8:00 pm	OFF
<u>Seniors</u>	Swim 4:45-6:45 pm	Swim 4:45-6:30 pm Dryland 6:30-7:00 pm	Swim 4:45-6:45 pm	Swim 4:45-6:30 pm Dryland 6:30-7:00 pm	Swim 4:45-6:45 pm	Swim 8:00-10:15 am
<u>Jr. National</u>	Swim 4:45-6:30 pm	Swim 4:45-6:30 pm Dryland 6:30-7:00 pm	Swim 4:45-6:30 pm	Swim 4:45-6:30 pm Dryland 6:30-7:00 pm	Swim 4:45-6:30 pm	Swim 8:00-10:15 am
<u>National</u>	Swim 4:45-6:45 pm	Dryland 6:15-7:45 am Swim 4:45-6:45 pm	Swim 4:45-6:45 pm	Dryland 6:15-7:45 am Swim 4:45-6:45 pm	Swim 4:45-6:45 pm	Swim 8:00-10:15 am

<u>Swim Meet Date</u>	<u>No Practice/Adjusted Practice Date</u>	<u>Groups w/no practice & Groups w/adjusted practice time</u>
January 7-9	January 10	No Practice All Groups

 = different from normal schedule

Date =
Day of adjusted schedule