

2020 Phase 2.5 Extended Practice Schedule effective September 8-October 4, 2020. **Note zoom dryland schedules will be provided by the Lead Coach, if applicable.**

GROUP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S=Sonner Aquatic Facility				UC=NC State University Club			
Barracuda Red	6:15pm-8:00pm UC	6:00pm-7:30pm S	6:15pm-7:45pm UC		4:30pm -6:00pm S	9:00am-10:30am S	
Barracuda Black	6:00pm-7:30pm S	6:15pm-8:00pm UC	4:00pm-5:30pm S		6:00pm-7:30pm S	10:30am-12:00pm S	
Blackfin 1	3:00pm-4:00pm S	3:00pm-4:00pm S	3:00pm-4:00pm S	3:00pm-4:00pm S		7:00am-8:00am S	
Blackfin 2	7:30pm-8:30pm S		8:00pm-9:00pm S	8:15pm-9:15pm S		8:00am-9:00am S	3:00pm-4:00pm S
Cobia	6:00pm-7:45pm S		6:30pm-8:00pm S		7:30pm-9:00pm S	7:15am-9:00am S	9:00am-11:00am S
Dolphin Red	4:45pm-6:00pm S	4:30pm-5:30pm S	5:30pm-6:30pm S			3:00pm-4:15pm S	
Dolphin Black		4:30pm-5:30pm S		4:30pm-5:30pm S		3:00pm-4:15pm S	1:45pm-3:00pm S
Jack Red		7:00pm-8:00pm S		5:30pm-6:30pm S		3:30pm-4:30pm S	
Jack Black		7:00pm-8:00pm S		7:00pm-8:00pm S		12:00pm-1:00pm S	
Mackerel	7:45pm-9:00pm S	8:00pm-9:00pm S		8:00pm-9:15pm S		1:00pm-2:15pm S	11:00am-12:30pm S
Mako 1			7:45pm-9:00pm S		7:30pm-8:45pm S		12:30pm-1:45pm S
Mako 2		7:30pm-8:45pm S		7:00pm-8:15pm S		2:15pm-3:30pm S	
Nova			5:30pm-6:30pm S		5:30pm-6:30pm S	12:30pm-1:30pm S	
PreSenior Red	4:00pm-6:00pm UC	4:00pm-6:00pm S	4:00pm-6:00pm UC	4:00pm-5:30pm S	4:00pm-5:30pm S		9:00am-11:00am S
PreSenior Black	4:00pm-6:00pm S	4:00pm-6:00pm UC	4:00pm-5:30pm S	4:00pm-6:00pm UC	4:00pm-5:30pm UC		11:00am-1:00pm S
Seahorse Silver {1}		5:10pm-5:55pm S		5:10pm-5:55pm S		11:45am-12:30pm S	
Seahorse White		4:10pm-4:55pm S		4:10pm-4:55pm S		11:45am-12:30pm S	
Seahorse Red {2}		6:55pm-7:40pm S		6:55pm-7:40pm S		11:45am-12:30pm S	
SeaStar Red		5:30pm-6:15pm S		5:30pm-6:15pm S		11:00am-11:45am S	
SeaStar Black		6:15pm-7:00pm S		6:15pm-7:00pm S		11:00am-11:45am S	

Senior Gold	5:00am-7:00am S	5:00am-7:00am S	5:00am-7:00am S	5:00am-7:00am S	5:00am-7:00am S		7:00am-9:00am S
	3:00pm-4:30pm S	3:00pm-4:30pm S		3:00pm-4:30pm S			
Senior Silver		5:00am-7:00am S	5:30am-7:00am S	5:00am-7:00am S	5:30am-7:00am S	9:00am-11:00am S	7:00am-9:00am S
			3:00pm-4:00pm S		3:00pm-4:00pm S		
Tarpon Early	M/W: 2:00pm-2:45pm S	T/H: 2:00pm-2:45pm S	M/W: 2:00pm-2:45pm S	T/H: 2:00pm-2:45pm S			
Tarpon Late	5:10pm-5:55pm S		5:10pm-5:55pm S				
Tarpon Evening	M/W: 6:00pm-6:45pm S	T/H: 6:05pm-6:50pm S	M/W: 6:05pm-6:50pm S	T/H: 6:05pm-6:50pm S			
Wahoo Red			6:30pm-7:45pm S	6:15pm-7:45pm UC	6:30pm-7:30pm S	1:30pm-3:00pm S	1:00pm-2:30pm S
Wahoo Black		5:45pm-7:00pm S		6:15pm-7:45pm UC	6:30pm-7:30pm S	1:30pm-3:00pm S	2:30pm-4:00pm S
Masters	5:15am-6:30am S		7:00am-8:15am S		7:00am-8:15am S		
	11:15am-12:30pm S	11:15am-12:30pm S	11:15am-12:30pm S	11:15am-12:30pm S	11:15am-12:30pm S		

Note schedule is subject to change at any time due to federal, state and local mandates. Rev. 09/04/201h