SCARLET-NJ WAVE - Spring 2018 - Tues May 29th-June 21st (thurs)									
	* Subject to change with notice.								
	National / Sectional	**Senior Advanced**	**Competitive Prep**	**Senior Prep**	**Age Group**	**Age Group II**	**Advanced Novice**	**Novice**	**SwimAmerica**
	Dryland included								
Monday	**6-8:30pm (WT)**	6-7:30pm (HHS)	6-7:30pm (HHS)	**6-8:10pm (WT)**	Off	6-7:30pm (LBC)	6-7:30pm (LBC)	6:15-7:30pm (LBC)	Off
	5-6:30am or 5:30-7am (WT)								
			Off						
Tuesday	**6-8:30pm (WT)**	7:30-9pm (G)		Off	**6-7:40pm (WT)**	Off	Off	Off	Off
	5-6:30am or 5:30-7am (WT)								
			Off						
Wednesday	**6-8:30pm (WT)**	7:30-9pm (G)		**5-6:30am [*A-note] (WT)**	**6-7:40pm (WT)**	6-7pm (LBC)	6-7pm (LBC)	6-7pm (LBC)	Off
	5-6:30am or 5:30-7am (WT)			***(AM Practice: Invitation Only)***					
			Off						
Thursday	**6-8:30pm (WT)**	5:30-7:30pm (G)		**6-8:10pm (WT)**	Off	Off	Off	Off	Off
	5-6:30am or 5:30-7am (WT)								
Friday	**6-7:30pm (WT)**	6-7:30pm (HHS)	6-7:30pm (LBC)	**6-7:30pm (WT)**	6-7:30pm (HHS)	6-7:30pm (LBC)	Off	Off	Off
	5-6:30am or 5:30-7am (WT)								
Saturday	**6:15-10am (WT)**	**9:15am-11:15am (WT)**	7:30-9am (LBC)	**6:45-8:45am (WT)**	**8:45-10:15am (WT)**	**10:15-11:30am (WT)**	7:30-9am (LBC)	Off	Off
		dland 8:40-9:10am		**dland 8:50-9:15am**	**dland 10:20am-10:50pm**				
Sunday	**6:45-8:45am (WT)**	Off	Off	**6:45-8:45am (WT)**	Off	**Off**	Off	Off	Off
NOTES:	**A) Wednesday Senior Prep Practice is by invitation only.** This practice is for only the older or most Advanced Senior Prep swimmers. Coach Todd will run the practice.								
Additional									
Notes:	1)**(WT) Signifies Washington Twp Swim Club (heated outdoor pool) - directions on reverse.**								
	2) **(G) Signifies Garfield Boys Club - directions on reverse.**								
	3) **(LBC) Signifies Lodi Boys Club - directions on reverse.**								
	4) **(HHS) Signifies Hackensack High School - directions on reverse.**								
	5) SATURDAY Practices are open to parents for viewing; ALL other practices are Closed practices (no parents) - except Lodi as noted below.								
	6) Parents are permitted to sit in the balcony at Lodi Boys Club during practice as long as there is no inteference with practice. A coach may excuse a parent at any time per their discretion.								
	7) Please keep in close contact with your meet secretaries or group liasons in case of schedule changes.								