

September - May revised 10-20-2021

***Note Practices for Lochness/Elite will be at [BHQ 12500 Comanche Rd NE](#)**

Lochness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lochness Swim	4:00 - 6:00 pm	4:00 - 6:00 pm	4:00 - 6:00 pm	4:00 - 6:00 pm	5:00 - 7:00 pm	9:00 - 11:00 am
Lochness Dryland	6:00 - 7:00pm			6:00 - 7:00pm		Optional: @Embudo Dam 7:00 - 8:00 am

Elite

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Elite Swim *morning swim starts Tuesday, Oct. 5		5:30 - 6:30 am			5:30 - 6:30 am	9:00 - 11:00 am
AM Elite Dryland *open to Lochness/Elite if you can't make afternoon dryland	5:45 - 6:45 am			5:45 - 6:45 am		Optional: @Embudo Dam 12:00 - 1:00 pm
PM Elite Swim	5:30 - 7:30 pm	5:30 - 7:30 pm	5:30 - 7:30 pm	5:30 - 7:30 pm	5:00 - 7:00 pm	
PM Elite Dryland	4:00 - 5:15 pm			4:00 - 5:15 pm		