

## CAC 2022 SUMMER TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Train - 2	6:30 AM - 8:30 AM @ UC 4:00 PM - 6:00 PM @ UC	6:30 AM - 8:30 AM @ IH 5:30 PM - 6:30 PM @ CCDS (Dryland)	4:00 PM - 6:00 PM @ UC	6:30 AM - 8:30 AM @ IH 5:30 PM - 6:30 PM @ CCDS (Dryland)	6:30 AM - 8:30 AM @ UC	8:30 AM - 9:30 AM @ CCDS (Dryland) 9:30 AM - 11:30 AM @ CCDS
Train - 1	9:00 AM - 11:00 AM @ UC	3:45 PM - 5:30 PM @ CCDS 5:30 PM - 6:30 PM @ CCDS (Dryland)	6:30 AM - 8:15 AM @ Ken	3:45 PM - 5:30 PM @ CCDS 5:30 PM - 6:30 PM @ CCDS (Dryland)	9:00 AM - 11:00 AM @ UC	8:30 AM - 9:30 AM @ CCDS (Dryland) 9:30 AM - 11:30 AM @ CCDS
Transition - 2	3:30 PM - 5:00 PM @ CCDS	9:00 AM - 11:00 AM @ UC	7:00 AM - 8:30 AM @ IH	9:00 AM - 11:00 AM @ UC	4:45 PM - 6:45 PM @ CCDS	7:30 AM - 9:00 AM @ IH
Transition - 1	5:00 PM - 6:30 PM @ CCDS	9:00 AM - 11:00 AM @ UC	7:00 AM - 8:30 AM @ IH	9:00 AM - 11:00 AM @ UC	4:45 PM - 6:45 PM @ CCDS	7:30 AM - 9:00 AM @ IH
Track - 2	6:30 PM - 8:00 PM @ CCDS	5:30 PM - 7:00 PM @ CCDS		5:30 PM - 7:00 PM @ CCDS	3:30 PM - 4:45 PM @ CCDS	8:15 AM - 9:30 AM @ CCDS
Track - 1		5:30 PM - 6:30 PM @ CCDS		5:30 PM - 6:30 PM @ CCDS	3:30 PM - 4:30 PM @ CCDS	8:30 AM - 9:30 AM @ CCDS
University of Cincinnati						
Kenwood Swim Club						
Indian Hill Club						
Cincinnati Country Day School						