OC (Oregon City) Fall/Spring Practice Schedule 2020

Starts Monday February 24th, 2020 (updated 2/17/2020)

NOVICE						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	
Early	2:55 - 3:45 PM		2:55 - 3:45 PM		2:55 - 3:45 PM	
Late	6:40 - 7:30 PM		6:40 - 7:30 PM		6:40 - 7:30 PM	

EXPLORE						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	
Early	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:10 PM	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:10 PM	2:55 - 4:15 PM Dry 4:15 - 4:40	
Late	Dry 5:15 - 5:40 5:40 - 6:50 PM		Dry 5:15 - 5:40 5:40 - 6:50 PM		Dry 5:15 - 5:40 5:40 - 6:50 PM	

FITNESS						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
		Dry 5:15 - 5:40 5:40 - 7:00 PM		Dry 5:15 - 5:40 5:40 - 7:00 PM		10:00 - 11:00 AM

SPRINT						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
Early	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:15 PM Dry 4:15 - 4:40	2:55 - 4:15 PM Dry 4:15 - 4:40	9:30 - 11:00 AM
Late	Dry 5:15 - 5:40 5:40 - 7:00 PM	Dry 5:15 - 5:40 5:40 - 7:00 PM	Dry 5:15 - 5:40 5:40 - 7:00 PM	Dry 5:15 - 5:40 5:40 - 7:00 PM	Dry 5:15 - 5:40 5:40 - 7:00 PM	

RACE						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
	4:10 - 6:00 PM Dry 6:00 - 6:30	4:10 - 6:00 PM Dry 6:00 - 6:30	4:10 - 6:00 PM Dry 6:00 - 6:30	4:10 - 6:00 PM Dry 6:00 - 6:30	4:10 - 6:00 PM Dry 6:00 - 6:30	7:45 - 10:10 AM Dry 10:10 - 10:40

TRAIN/PERFORM						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
AM		5:00 - 6:00 AM*		5:00 - 6:00 AM*		7:45 - 10:10 AM Dry 10:10 - 10:40
PM	Dry 3:20 - 3:50 3:50 - 6:00 PM	Dry 3:20 - 3:50 3:50 - 6:00 PM	Dry 3:20 - 3:50 3:50 - 6:00 PM	Dry 3:20 - 3:50 3:50 - 6:00 PM	Dry 3:20 - 3:50 3:50 - 6:00 PM	3:00 - 5:00 PM Location Varies

* Depends on time of season. Swimmers will be notified.

Mon-Fri DRYLAND for Race/Train/Perform Pre 3:20 - 3:50 PM or Post 6:00 - 6:30 (if you don't finish before practice)

CHALLENGE (Challenge ends when High School season starts)						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
	3:45 - 4:45 PM	3:45 - 4:45 PM	3:45 - 4:45 PM	3:45 - 4:45 PM	3:45 - 4:45 PM	

MASTERS						
	Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**
	5:00 - 6:00 AM	5:00 - 6:00 AM	5:00 - 6:00 AM	5:00 - 6:00 AM	5:00 - 6:00 AM	6:30 - 8:00 AM