

# RSCA FALL PRACTICE SCHEDULE

## Through March

### ROCKWOOD SOUTH @rca\_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BRONZE</b>	Summit	Eureka	off	Eureka	Summit	Summit w/North
	5:30-6:45 pm	5:30-6:45 pm		6-7:15 pm	5:30-6:45 pm	9-10:15 am
<b>SILVER</b>	Summit	Eureka	Eureka w/North	off	Summit	Summit
	6:30-8:00 pm	6:30-8:00 pm	5:30-7:00 pm		6:30-8:00 PM	11:15--12:45
<b>SENIOR PREP south</b>	Summit	Eureka	Marquette w/north	Marquette w/north	Summit	summit
	6:30-8:00 pm	6:30-8:00 pm	7:00-8:30 pm	5:30-7:00 pm	6:30-8:00 pm	11:15-12:45

### ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BRONZE</b>	Lafayette	CMS Indoor pool	off	CMS Indoor Pool	CMS Indoor Pool	Summit w/ South
	5:30-6:45 pm	4:30-5:45 pm		4:30-5:45 pm	4:30-5:45 pm	9-10:15 am
<b>SILVER</b>	Marquette	Marquette	Eureka W/South	off	Marquette	Summit w/ South
@RSCASilverNorth	7:00-8:30 pm	5:30-7:00pm	5:30-7:00 pm		5:30-7:00 pm	10:30-12
<b>SENIOR PREP</b>	Summit	Lafayette	Marquette	Marquette	Off	Lafayette
@RSCASeniorSPN	6:30-8:00 pm	5:15-6:45 pm	7:00-8:30 pm	5:30-7:00 pm		10:00-11:30 am

### GOLD

@RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Marquette	Marquette	Summit	off	Lafayette	Marquette
	5:30-7:15 pm	6:45-8:30 pm	5:45--7:30 pm		5:30-7:00 pm	10:30am-12pm

### SENIOR

@RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lafayette	Lafayette	Marquette	Summit	Eureka	Lafayette
	7:15-9:00 pm	7:15-9:00 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	9:30-11:30 am

# NATL PREP

@NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Eureka	Summit	Lafayette	Lafayette	Summit	Summit
	5:30-7:30 pm	5:30-7:30 pm	5:15-7:15 pm	6:45-8:45 pm	5:30-7:00 pm	7:00-9:00 am

# NATIONAL

@mlrsca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAFAYETTE	Lafayette	Lafayette	Lafayette	Lafayette	off	Marquette
8:30-10:30 AM	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm	5:30-7:15 pm		6:30-8:30 am

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