

RSCA SPRING PRACTICE SCHEDULE

Starting March 29, 2021

ROCKWOOD SOUTH @rsca_south

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

ROCKWOOD NORTH

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

GOLD

@RSCAGold

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

SENIOR

@RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Lafayette 5:30-7:15 pm	Lafayette 7:00-8:45 pm	Marquette 5:30-7:15 pm	Summit 6:00-7:45 pm	Eureka 6:00-7:30 pm	Lafayette 10:00-11:30 am

NATL PREP

@NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Summit 7:00-9:00 am

NATIONAL

@mlrsca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Marquette 8:30-10:30 AM	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	Crestview 50M 4:00-6:00 pm	off	Marquette 6:30-8:30 am

Follow Twitter for your group for practice changes/updates

RSCA SUMMER 2021 PRACTICE SCHEDULE

Starting June 4, 2021

ROCKWOOD SOUTH @rsc_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	Summit	Crestview 50M	Summit	Crestview 50M	Summit	Crestview 50M
	1:00-2:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	12:00-1:15 pm
SILVER	Summit	Crestview 50M	Summit	Crestview 50M	Summit	Crestview 50M
	1:00-2:30 pm	5:15-6:45 pm	6:15-7:45 pm	5:15-6:45 pm	6:15-7:45 pm	12:00-1:30 pm
SENIOR PREP	Summit	Crestview 50M	Summit	Crestview 50M	Summit	Crestview 50M
	1:00-2:30 pm	5:15-6:45 pm	6:15-7:45 pm	5:15-6:45 pm	6:15-7:45 pm	12:00-1:30 pm

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	Marquette	Crestview 50M	Marquette	Crestview 50M	Marquette	Off
	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	5:00-6:15 pm	
SILVER	Marquette	Crestview 50M	Marquette	Crestview 50M	Off	Crestview 50M
@RSCASilverNorth	3:30-5:00 pm	10:30 am-12:00 pm	8:00-9:30 am	10:30 am-12:00 pm		10:30 am-12:00 pm
SENIOR PREP	Marquette	Crestview 50M	Marquette	Crestview 50M	Off	Crestview 50M
@RSCASeniorSPN	10:30 am-12:00 pm	8:30-10:30 am	10:30 am-12:00 pm	8:30-10:30 am		12:00-1:30 pm

GOLD @RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Marquette	Crestview 50M	Marquette	off	Crestview 50M	Crestview MS
	8:00-9:30 am	10:30 am-12:00 pm	3:30-5:00 pm		3:30-5:00 pm	10:30 am-12:00 pm

SENIOR @RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Marquette	Crestview 50M	Marquette	Crestview 50M	Crestview 50M	Crestview 50M
	9:00-11:00 am	8:30-10:30 am	9:00-11:00 am	8:30-10:30 am	10:30 am-12:00 pm	8:30-10:30 am

NATL PREP @NPUpdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Crestview 50M	Marquette 8:30-10:30 am	Crestview 50M	Marquette 8:30-10:30 am	Crestview 50M	Crestview 50M
	8:30-10:30 am	Crestview 50M 3:00-5:00 pm	8:30-10:30 am	Crestview 50M 3:00-5:00 pm	8:30-10:30 am	8:30-10:30 am

NATIONAL @mlrsc

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Crestview 50M	Crestview 50M 6:30-8:30 am	Crestview 50M 6:30-8:30 am	Crestview 50m	Crestview 50M	Crestview 50M
	6:30-8:30 am	Crestview 50M 2:30-4:00 pm	Crestview 50M 3:00-4:30 pm	6:30-8:30 am	6:30-8:30 am	6:30-8:30 am

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