

RSCA SUMMER 2022 PRACTICE SCHEDULE

ROCKWOOD SOUTH @rscsa_south

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	SUMMIT	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	SUMMIT	EUREKA
	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	9:00-10:15 am
SILVER	SUMMIT	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	SUMMIT	EUREKA
	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	9:00-10:30 am
AGD	SUMMIT	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	SUMMIT	EUREKA
	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	9:00-10:30 am

ROCKWOOD NORTH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRONZE	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	EUREKA
	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	11:00 am-12:15 pm
SILVER	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	LAFAYETTE	CRESTVIEW 50M
@RSCASilverNorth	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	9:00-10:30 am	12:00-1:30 pm
AGD	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	LAFAYETTE	CRESTVIEW 50M
@RSCA_AGD	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	10:30 am-12:00 pm	12:00-1:30 pm

GOLD @RSCAGold

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M
	9:30-11 am	10:15 am-12:00 pm	9:30-11:15 am	10:15 am-12:00 pm	10:00 am-12:00 pm	10:30 am-12:00 pm
	6:30-8:15 pm					

SENIOR @RSCASeniorSPN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M
	8:00-10:00 am	8:30-10:30 am	8:00-9:45 am	8:30-10:30 am	10:00 am-12:00 pm	8:30-10:30 am
	5:00-7:00 pm					

NATL PREP @NPUupdates

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M
		7:30-9:30 am		7:30-9:30 am		
	8:30-10:30 am	CRESTVIEW 50M	8:30-10:30 am	CRESTVIEW 50M	8:30-10:30 am	8:30-10:30 am
		3:00-5:00 PM		3:00-5:00 pm		

NATIONAL @mlrscsa

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

Follow Twitter for your group for practice changes/updates