

**RSCA SUMMER 2023 PRACTICE SCHEDULE**  
**Starting June 5, 2023**

**ROCKWOOD SOUTH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BRONZE</b>	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:15 pm	5:00-6:15 pm	4:30-5:45 pm	5:00-6:15 pm	1:00-2:15 pm	11:00 am- 12:15 pm
<b>SILVER</b>	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:30 pm	5:15-6:45 pm	4:30- 6:00 pm	5:15-6:45 pm	1:00-2:30 pm	11:00 am- 12:30 pm
<b>AGD</b>	SUMMIT	CRESTVIEW 50M	CRESTVIEW 50M	CRESTVIEW 50M	SUMMIT	CRESTVIEW 50M
	1:00-2:30 pm	5:15-6:45 pm	4:30- 6:00 pm	5:15-6:45 pm	1:00-2:30 pm	11:00 am- 12:30 pm

**ROCKWOOD NORTH**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>BRONZE</b>	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	LAFAYETTE
	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
<b>SILVER</b>	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	11:00 am-12:30 pm
<b>AGD</b>	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	11:00 am-12:30 pm

**GOLD**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M
	9:30- 11:15 am		9:30-11:15 am			
	CRESTVIEW 50M	9:30-11:15 am	SUMMIT	9:30-11:15 am	9:30-11:15 am	9:30-- 11:15 am
	4:30-6:15 pm		4:00- 5:30 pm			

**SENIOR**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M	MARQUETTE	CRESTVIEW 50M
	8:00-10:00 am		8:00-10:00 am			
	CRESTVIEW 50M	8:00-10:00 am	SUMMIT	8:00-10:00 am	8:00-10:00 am	8:00-10:00 am
	4:30-6:30 pm		4:00-5:30 pm			

**NATL PREP** @NPUpdates

	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
		3:00-4:30 PM		3:00-4:30 pm		

**NATIONAL** @mlrsc

	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			
	CRESTVIEW 50M	6:30-8:30 am	CRESTVIEW 50M	6:30-8:30 am	6:30-8:30 am	6:30-8:30 am
	3:00-4:30 pm		3:00-4:30 pm			

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