

RSCA FALL PRACTICE SCHEDULE Through March

ROCKWOOD SOUTH @rsc_south

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------|--------------|--------------|-------------------|-------------------|--------------|----------------|
| BRONZE | 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 |
| SILVER | 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 |
| SENIOR PREP south | Summit | Eureka | Marquette w/north | lafayette w/north | Summit | summit |
| | 6:30-8:00 pm | 6:30-8:00 pm | 5:30-7:00 pm | 5:30-7:00 pm | 6:30-8:00 pm | 11:15-12:45 |

ROCKWOOD NORTH

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

SENIOR @RSCASeniorSPN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------------|--------------|--------------|--------------|--------------|---------------|
| | Lafayette | Lafayette | Marquette | Marquette | 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 @mlrsc

| 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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