



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	King of the Hill Swim Meet No Training	King of the Hill Swim Meet No Training
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
King of the Hill Swim Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Running of the Sharks 5:00 - 7:30 PM	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

BRONZE SQUAD

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	King of the Hill Swim Meet No Training	King of the Hill Swim Meet No Training
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
King of the Hill Swim Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Running of the Sharks 5:00 - 7:30 PM	
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		King of the Hill Swim Meet No Training	King of the Hill Swim Meet No Training
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
King of the Hill Swim Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Running of the Sharks 5:00 - 7:30 PM	Silver: 7:00-8:30am
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am



Tigersharks Training Schedule

SENIOR SQUAD

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	King of the Hill Swim Meet No Training	King of the Hill Swim Meet No Training
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
King of the Hill Swim Meet	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Running of the Sharks 5:00 - 7:30 PM	SR I & II: 7:00-8:30am SR I wts: 8:45-9:30am
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am



Tigersharks Training Schedule

MASTERS Squad

October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25-Sep	26-Sep	27-Sep	28-Sep	29-Sep	30-Sep	1-Oct
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	7-Oct	8-Oct
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
			5:45 - 7:00 AM		5:45 - 7:00 AM	5:30 - 7:00 AM swim meet
23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM



Tigersharks Training Schedule

General Fall Training Schedule

August 29 - November 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am