



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			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
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	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	TWILIGHT MEET Bronze & Silver 4:00-7:00pm 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
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	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: 3:00-5:00pm	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
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	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: 3:00-5:00pm	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	NNA Meet No Training Silver and Gold SR I & II: 7:00-8:30am
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	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: 3:00-5:00pm	Bronze: 5:30-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm FAR WESTERNS	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: NO TRAINING FAR WESTERNS	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am FAR WESTERNS



Tigersharks Training Schedule

BRONZE SQUAD

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
				Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
		Bronze: 5:30-6:30pm		TWILIGHT MEET 4:00-7:00pm	Bronze: 5:00-6:00pm	
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	NNA Age Group Swim Meet
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm	TWILIGHT MEET 4:00-7:00pm	Silver: 5:30-7:00pm	Silver: 7:00-8:30am
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	NNA Age Group Swim Meet NO TRAINING
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am



Tigersharks Training Schedule

GOLD SQUAD

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	NNA Age Group Swim Meet NO TRAINING
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
				FAR WESTERNS	FAR WESTERNS	FAR WESTERNS



Tigersharks Training Schedule

SENIOR SQUAD

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			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
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
	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
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	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
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 5:30-7:00am	NNA Meet Bronze, Silver, & Gold SR I & II: 7:00-8:30am
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
NNA Meet	SR I & II: 3:00-5:00pm SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: 2:30-3:00pm FAR WESTERNS	SR I & II: NO TRAINING FAR WESTERNS	SR I & II: 7:00-8:30am FAR WESTERNS



Tigersharks Training Schedule

MASTERS Squad

MARCH 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Mar	2-Mar	3-Mar	4-Mar
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar	11-Mar
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar	18-Mar
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar	25-Mar
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar	1-Apr
			5:45 - 7:00 AM		5:45 - 7:00 AM	6:00 - 7:30 AM



Tigersharks Training Schedule

General Spring Training Schedule

March 1 - June 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	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: 3:00-5:00pm	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