



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-May	2-May	3-May	4-May	5-May	6-May
	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
7-May	8-May	9-May	10-May	11-May	12-May	13-May
	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: No weights	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: No weights	NO TRAINING High School Regionals	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: No Training
14-May	15-May	16-May	17-May	18-May	19-May	20-May
	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: No weights	Silver: 5:00-6:00pm Gold: 5:30-7:00pm SR I & II: 3:00-5:00pm	Bronze: Twilight Meet 4:15-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm SR I wts: No weights	Bronze: 5:00-6:00pm Silver: 4:30-6:00pm Gold: 4:30-6:00pm SR I & II: 5:30-7:00am	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
21-May	22-May	23-May	24-May	25-May	26-May	27-May
	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: No weights	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: No weights	NO TRAINING Intermountain Classic	NO TRAINING Intermountain Classic
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
Intermountain Classic	NO TRAINING Memorial Day	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: 5:30-7:00pm	Silver: 7:00-8:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Training Schedule

BRONZE SQUAD

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-May	2-May	3-May	4-May	5-May	6-May
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	
7-May	8-May	9-May	10-May	11-May	12-May	13-May
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	NO TRAINING High School Regionals	
14-May	15-May	16-May	17-May	18-May	19-May	20-May
		Bronze: 5:30-6:30pm		Bronze: 4:15-6:30pm TWILIGHT MEET	Bronze: 5:00-6:00pm	
21-May	22-May	23-May	24-May	25-May	26-May	27-May
		Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	NO TRAINING Intermountain Classic	NO TRAINING Intermountain Classic
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
Intermountain Classic	NO TRAINING Memorial Day	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	Bronze: 5:00-6:00pm	



Tigersharks Training Schedule

SILVER SQUAD

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-May	2-May	3-May	4-May	5-May	6-May
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am
7-May	8-May	9-May	10-May	11-May	12-May	13-May
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		NO TRAINING High School Regionals	Silver: 7:00-8:30am
14-May	15-May	16-May	17-May	18-May	19-May	20-May
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		Silver: 4:30-6:00pm EARLY SESSION High School State	Silver: 7:00-8:30am
21-May	22-May	23-May	24-May	25-May	26-May	27-May
	Silver: 5:00-6:00pm		Silver: 5:00-6:00pm		NO TRAINING Intermountain Classic	NO TRAINING Intermountain Classic
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
Intermountain Classic	NO TRAINING Memorial Day		Silver: 5:00-6:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:30am



Tigersharks Training Schedule

GOLD SQUAD

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-May	2-May	3-May	4-May	5-May	6-May
	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
7-May	8-May	9-May	10-May	11-May	12-May	13-May
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	NO TRAINING High School Regionals	Gold: 7:00-8:30am
14-May	15-May	16-May	17-May	18-May	19-May	20-May
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 4:30-6:00pm EARLY SESSION High School State	Gold: 7:00-8:30am
21-May	22-May	23-May	24-May	25-May	26-May	27-May
	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	NO TRAINING Intermountain Classic	NO TRAINING Intermountain Classic
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
Intermountain Classic	NO TRAINING Memorial Day	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



Tigersharks Training Schedule

SENIOR SQUAD

MAY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1-May	2-May	3-May	4-May	5-May	6-May
	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
7-May	8-May	9-May	10-May	11-May	12-May	13-May
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: No weights	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: No weights	NO TRAINING High School Regionals	SR I & II: No Training
14-May	15-May	16-May	17-May	18-May	19-May	20-May
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: No weights	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: No weights	SR I & II: 5:30-7:00am	SR I & II: 7:00-8:30am
21-May	22-May	23-May	24-May	25-May	26-May	27-May
	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: No weights	SR I & II: 3:00-5:00pm	SR I & II: 3:00-4:30pm SR I wts: No weights	NO TRAINING Intermountain Classic	NO TRAINING Intermountain Classic
28-May	29-May	30-May	31-May	1-Jun	2-Jun	3-Jun
Intermountain Classic	NO TRAINING Memorial Day	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: 5:30-7:00pm	SR I & II: 7:00-8:30am



Tigersharks Training Schedule

MASTERS Squad

MAY 2023

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



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