



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jul	2-Jul
					Gold: 7:00-8:30am SR I & II: 7:00-8:30am	GOLD & SR Marlette Lake Hike 8am-2pm No Training
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	4th of July NO TRAINING	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 6:00-7:30am SR I: 2:30-4:00pm	Silver: 8:30-9:30am Gold: 7:00 - 8:30am SR I & II: 6:00-7:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:30-9:00am SR I & II: swim + CF 6-7:15am + 7:45-8:45am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am	KIDS' TRIATHLON 7:30-10:30am No Training
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
TIGERSHARKS MASTERS SWIM MEET 8am-12noon	Bronze: 5:30-6:30pm Silver: 7:30-9:00am Gold: 7:30-9:00am SR I & II: swim + CF 6-7:15am + 7:45-8:45am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 2:30-4:00pm	Silver: 8:30-9:30am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:30-9:00am SR I & II: swim + CF 6-7:15am + 7:45-8:45am	SILVER STATE CHAMPIONSHIPS No Training	SILVER STATE CHAMPIONSHIPS No Training
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
SILVER STATE CHAMPIONSHIPS	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	Gold: 7:00-8:30am SR I & II: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	CENTRAL CAL JO CHAMPIONSHIPS No Training
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
CENTRAL CAL JO CHAMPIONSHIPS	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Silver: 8:30-9:30am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	Gold: 7:00-8:30am SR I & II: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	FAR WESTERN CHAMPIONSHIPS No Training



Tigersharks Training Schedule

BRONZE SQUAD

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jul	2-Jul
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	4th of July NO TRAINING	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		KIDS' TRIATHLON 7:30-10:30am
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
TIGERSHARKS MASTERS SWIM MEET 8am-12noon	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	SILVER STATE CHAMPIONSHIPS Long Course Meters	SILVER STATE CHAMPIONSHIPS Long Course Meters
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
SILVER STATE CHAMPIONSHIPS Long Course Meters	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		



Tigersharks Training Schedule

SILVER SQUAD

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jul	2-Jul
						GOLD & SR Marlette Lake Hike 8am-2pm
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	4th of July NO TRAINING	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am		KIDS' TRIATHLON 7:30-10:30am
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
TIGERSHARKS MASTERS SWIM MEET 8am-12noon	Silver: 7:30-9:00am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	SILVER STATE CHAMPIONSHIPS	SILVER STATE CHAMPIONSHIPS
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
SILVER STATE CHAMPIONSHIPS	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am		CENTRAL CAL JO CHAMPIONSHIPS
				CENTRAL CAL JO CHAMPIONSHIPS	CENTRAL CAL JO CHAMPIONSHIPS	
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
CENTRAL CAL JO CHAMPIONSHIPS	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am		FAR WESTERN CHAMPIONSHIPS
				FAR WESTERN CHAMPIONSHIPS	FAR WESTERN CHAMPIONSHIPS	



Tigersharks Training Schedule

GOLD SQUAD

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jul	2-Jul
					Gold: 7:00-8:30am SR I & II: 7:00-8:30am	GOLD & SR Marlette Lake Hike 8am-2pm No Training
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	4th of July NO TRAINING	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:30-9:00am	Gold: 7:00-8:30am	KIDS' TRIATHLON 7:30-10:30am No Training
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
TIGERSHARKS MASTERS SWIM MEET 8am-12noon	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:30-9:00am	SILVER STATE CHAMPIONSHIPS No Training	SILVER STATE CHAMPIONSHIPS No Training
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
SILVER STATE CHAMPIONSHIPS	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	Gold: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	CENTRAL CAL JO CHAMPIONSHIPS No Training
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
CENTRAL CAL JO CHAMPIONSHIPS	Gold: 7:00-8:30am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	Gold: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	FAR WESTERN CHAMPIONSHIPS No Training



Tigersharks Training Schedule

SENIOR SQUAD

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1-Jul	2-Jul
					Gold: 7:00-8:30am SR I & II: 7:00-8:30am	GOLD & SR Marlette Lake Hike 8am-2pm No Training
3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	8-Jul	9-Jul
	4th of July NO TRAINING	SR I & II: 6:00-7:30am SR I: 2:30-4:00pm	SR I & II: 6:00-7:30am	SR I & II: swim + CF 6-7:15am + 7:45-8:45am	SR I & II: 7:00-8:30am	KIDS' TRIATHLON 7:30-10:30am No Training
10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul
TIGERSHARKS MASTERS SWIM MEET 8am-12noon	SR I & II: swim + CF 6-7:15am + 7:45-8:45am	SR I & II: 7:00-8:30am SR I: 2:30-4:00pm	SR I & II: 7:00-8:30am	SR I & II: swim + CF 6-7:15am + 7:45-8:45am	SILVER STATE CHAMPIONSHIPS No Training	SILVER STATE CHAMPIONSHIPS No Training
17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	22-Jul	23-Jul
SILVER STATE CHAMPIONSHIPS	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	SR I & II: 7:00-8:30am CENTRAL CAL JO CHAMPIONSHIPS	CENTRAL CAL JO CHAMPIONSHIPS No Training
24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	29-Jul	30-Jul
CENTRAL CAL JO CHAMPIONSHIPS	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	SR I & II: 7:00-8:30am FAR WESTERN CHAMPIONSHIPS	FAR WESTERN CHAMPIONSHIPS No Training



Tigersharks Training Schedule

MASTERS Squad

JULY 2022

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



Tigersharks Training Schedule

General Summer Training Schedule

Thursday June 9 - Thursday August 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Bronze: 5:30-6:30pm Silver: 7:30-9:00am Gold: 7:30-9:00am SR I & II: swim + CF 6-7:15am + 7:45-8:45am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:00-8:30am SR I & II: 7:00-8:30am SR I: 2:30-4:00pm	Silver: 8:30-9:30am Gold: 7:00 - 8:30am SR I & II: 7:00-8:30am	Bronze: 5:30-6:30pm Silver: 8:30-9:30am Gold: 7:30-9:00am SR I & II: swim + CF 6-7:15am + 7:45-8:45am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am



Tigersharks Senior Squads

General Summer Training Schedule

Thursday June 9 - Thursday August 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SR I & II: swim = 6:00-7:15am crossfit = 7:45-8:45am	SR I & II: 7:00-8:30am SR I: 2:30-4:00pm	SR I & II: 7:00-8:30am	SR I & II: swim = 6:00-7:15am crossfit = 7:45-8:45am	SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am

*Crossfit training will run from Thursday, June 9 - Thursday, July 14.