



Tigersharks Training Schedule

Scroll Through For Your Squad

ALL Squads

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	NO TRAINING All Squads	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:00pm	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:00pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:00pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: NO TRAINING	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: NO TRAINING
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	Bronze: 5:00-6:00pm OR 6:00-7:00pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	Silver: 5:45-7:00pm Gold: 4:30-6:00pm SR I & II: 3:00-4:30pm	1st Day Summer Training 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	BISHOP INVITE SWIM MEET Gold: 7:00-8:30am SR I & II: 7:00-8:30am	BISHOP INVITE SWIM MEET No Training
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BISHOP INVITE SWIM MEET	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	RENO GAMBLE SWIM MEET No Training	RENO GAMBLE SWIM MEET No Training
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
RENO GAMBLE SWIM MEET	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
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
	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	Bronze: Twilight Meet 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 Training Schedule

BRONZE SQUAD

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	NO TRAINING All Squads	Bronze: 5:00-6:00pm OR 6:00-7:00pm		Bronze: 5:00-6:00pm OR 6:00-7:00pm	Bronze: 5:00-6:00pm	
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
		Bronze: 5:00-6:00pm OR 6:00-7:00pm		Bronze: 5:30-6:30pm 1st Day of Summer Schedule	BISHOP INVITE SWIM MEET	BISHOP INVITE SWIM MEET
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BISHOP INVITE SWIM MEET	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm	RENO GAMBLE SWIM MEET	RENO GAMBLE SWIM MEET
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
RENO GAMBLE SWIM MEET	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm		Bronze: 5:30-6:30pm		
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
	Bronze: 5:30-6:30pm	Bronze: 5:30-6:30pm	Bronze: Twilight Meet Check-in: 4:00pm Warm-up: 4:30pm Racing: 5:15-7:00pm	Bronze: 5:30-6:30pm		



Tigersharks Training Schedule

SILVER SQUAD

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	NO TRAINING All Squads		Silver: 5:45-7:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:00am
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
	Silver: 5:45-7:00pm		Silver: 5:45-7:00pm	Silver: 8:30-9:30am 1st Day of Summer Schedule	BISHOP INVITE SWIM MEET	BISHOP INVITE SWIM MEET
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BISHOP INVITE SWIM MEET	Silver: 7:30-9:00am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	RENO GAMBLE SWIM MEET	RENO GAMBLE SWIM MEET
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
RENO GAMBLE SWIM MEET	Silver: 7:30-9:00am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am		
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
	Silver: 7:30-9:00am	Silver: 8:30-9:30am	Silver: 8:30-9:30am	Silver: 8:30-9:30am		



Tigersharks Training Schedule

GOLD SQUAD

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	NO TRAINING All Squads	Gold: 5:30-7:00pm	Gold: 4:30-6:00pm	Gold: 5:30-7:00pm	Gold: 5:30-7:00pm	Gold: 7:00-8:30am
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
	Gold: 4:30-6:00pm	Gold: 5:30-7:00pm	Gold: 4:30-6:00pm	1st day of summer training Gold: 7:30-9:00am	BISHOP INVITE SWIM MEET Gold: 7:00 - 8:30am	BISHOP INVITE SWIM MEET No Training
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BISHOP INVITE SWIM MEET	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:30-9:00am	RENO GAMBLE SWIM MEET No Training	RENO GAMBLE SWIM MEET No Training
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
RENO GAMBLE SWIM MEET	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00-8:30am
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00 - 8:30am	Gold: 7:30-9:00am	Gold: 7:00-8:30am	Gold: 7:00-8:30am



Tigersharks Training Schedule

SENIOR SQUAD

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	NO TRAINING All Squads					
		SR I & II: 3:00-4:00pm	SR I & II: 3:00-4:00pm	SR I & II: 3:00-4:00pm	SR I & II: NO TRAINING	SR I & II: NO TRAINING
5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	1st day summer training SR I & II: swim = 6:00-7:15am crossfit = 7:45-8:45am	BISHOP INVITE SWIM MEET SR I & II: 7:00-8:30am	BISHOP INVITE SWIM MEET No Training
12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun
BISHOP INVITE SWIM MEET	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	RENO GAMBLE SWIM MEET No Training	RENO GAMBLE SWIM MEET No Training
19-Jun	20-Jun	21-Jun	22-Jun	23-Jun	24-Jun	25-Jun
RENO GAMBLE SWIM MEET	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
26-Jun	27-Jun	28-Jun	29-Jun	30-Jun	1-Jul	2-Jul
	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



Tigersharks Training Schedule

MASTERS Squad

JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-Jun 5:45-7am	2-Jun	3-Jun 5:45-7am	4-Jun 6-7:30am
5-Jun	6-Jun	7-Jun	8-Jun 5:45-7am	9-Jun	10-Jun 5:45-7am	11-Jun NO TRAINING
12-Jun	13-Jun	14-Jun	15-Jun 5:45-7am	16-Jun	17-Jun 5:45-7am	18-Jun 5:45-7am
19-Jun	20-Jun	21-Jun	22-Jun 5:45-7am	23-Jun	24-Jun 5:45-7am	25-Jun 6-7:30am
26-Jun	27-Jun	28-Jun	29-Jun 5:45-7am	30-Jun	1-Jul 5:45-7am	2-Jul 6-7:30am



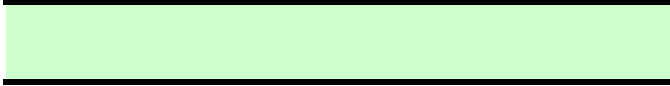
Striving Together.

Tigersharks Training Schedule

General Summer Training Schedule

Thursday June 9 - Thursday August 4

Sunday	Monday	Tuesday	Wednesday	Thursday
	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



Friday	Saturday
Gold: 7:00-8:30am SR I & II: 7:00-8:30am	Gold: 7:00-8:30am SR I & II: 7:00-8:30am



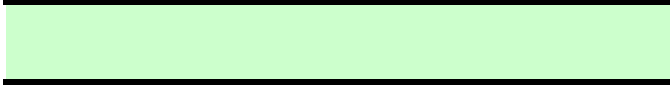
Tigersharks Senior Squads

General Summer Training Schedule

Thursday June 9 - Thursday August 4

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

***Crossfit training will run from Thursday, June 9 - Thursday, July 1**



Friday	Saturday
SR I & II: 7:00-8:30am	SR I & II: 7:00-8:30am

4.