



Tigersharks Training Schedule

ALL Squads

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-May	2-May	3-May	4-May	5-May	6-May	7-May
	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 SR I wts: 2:15-2:55pm	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 SR I wts: 2:15-2:55pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
8-May	9-May	10-May	11-May	12-May	13-May	14-May
	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	Bronze: Twilight Meet 4:15-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm	High School Regionals NO TRAINING	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
15-May	16-May	17-May	18-May	19-May	20-May	21-May
	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 SR I wts: 2:15-2:55pm	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 SR I wts: 2:15-2:55pm	Bronze: 5:00-6:00pm Silver: 5:30-7:00pm Gold: 5:30-7:00pm SR I & II: 5:30-7:00AM	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am
22-May	23-May	24-May	25-May	26-May	27-May	28-May
	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 SR I wts: 2:15-2:55pm	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 SR I wts: 2:15-2:55pm	Intermountain Classic Swim Meet NO TRAINING	Intermountain Classic Swim Meet NO TRAINING
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	Memorial Day NO TRAINING	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



Tigersharks Training Schedule

BRONZE SQUAD

MAY 2022

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



Tigersharks Training Schedule

SILVER SQUAD

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-May	2-May	3-May	4-May	5-May	6-May	7-May
	Silver: 5:45-7:00pm		Silver: 5:45-7:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:00am
8-May	9-May	10-May	11-May	12-May	13-May	14-May
	Silver: 5:45-7:00pm		Silver: 5:45-7:00pm		High School Regionals NO TRAINING	Silver: 7:00-8:00am
15-May	16-May	17-May	18-May	19-May	20-May	21-May
	Silver: 5:45-7:00pm		Silver: 5:45-7:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:00am
22-May	23-May	24-May	25-May	26-May	27-May	28-May
	Silver: 5:45-7:00pm		Silver: 5:45-7:00pm		Intermountain Classic Swim Meet NO TRAINING	Intermountain Classic Swim Meet NO TRAINING
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	Memorial Day NO TRAINING		Silver: 5:45-7:00pm		Silver: 5:30-7:00pm	Silver: 7:00-8:00am



Tigersharks Training Schedule

GOLD SQUAD

MAY 2022

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



Tigersharks Training Schedule

SENIOR SQUAD

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-May	2-May	3-May	4-May	5-May	6-May	7-May
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-8:30am
8-May	9-May	10-May	11-May	12-May	13-May	14-May
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm	High School Regionals NO TRAINING	SR I & II: 7:00-8:30am
15-May	16-May	17-May	18-May	19-May	20-May	21-May
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 5:30-7:00AM	SR I & II: 7:00-8:30am
22-May	23-May	24-May	25-May	26-May	27-May	28-May
	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	SR I & II: 3:00-4:30pm	SR I & II: 3:00-4:30pm SR I wts: 2:15-2:55pm	Intermountain Classic Swim Meet NO TRAINING	Intermountain Classic Swim Meet NO TRAINING
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	Memorial Day NO TRAINING	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



Tigersharks Training Schedule

MASTERS Squad

MAY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-May	2-May	3-May	4-May	5-May	6-May	7-May
			5:45-7:00 AM		5:45-7:00 AM	6:00-7:30 AM
8-May	9-May	10-May	11-May	12-May	13-May	14-May
			5:45-7:00 AM		5:45-7:00 AM	6:00-7:30 AM
15-May	16-May	17-May	18-May	19-May	20-May	21-May
			5:45-7:00 AM		5:45-7:00 AM	6:00-7:30 AM
22-May	23-May	24-May	25-May	26-May	27-May	28-May
			5:45-7:00 AM		5:45-7:00 AM	5:30-7:00am Swim Meet
29-May	30-May	31-May	1-Jun	2-Jun	3-Jun	4-Jun
Intermountain Classic Swim Meet	Memorial Day NO TRAINING		5:45-7:00 AM		5:45-7:00 AM	6:00-7:30 AM

Tigersharks Training Schedule



ALL Squads

May 8 - 14, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday
8-May	9-May	10-May	11-May	12-May
	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	Bronze: Twilight Meet 4:15-6:30pm Gold: 5:30-7:00pm SR I & II: 3:00-4:30pm



Friday	Saturday
13-May	14-May
High School Regionals NO TRAINING	Silver: 7:00-8:00am Gold: 7:00-8:30am SR I & II: 7:00-8:30am