



## RSD Phase 2.0 Fall Practice Schedule Begins 08-24-2020

Group	Day	Wave	Time
<b>Corvina (weekend)</b> Includes a combination of former groups; FSS Grunion & FSS Corvina	Saturday & Sunday	1	8:00–8:40 am
		2	8:50–9:30 am
		3	9:40–10:20 am
<b>Zebra Sharks</b> Includes a combination of former groups; FSS Corvina & FSS Leopard Shark	Saturday & Sunday	1	11:00–11:40 am
		2	11:50–12:30 pm
		3	12:40–1:20 pm
<b>Leopard Shark</b> Includes a combination of former groups; weekday Corvina & Leopard Shark	Tuesday, Thursday, Friday	1	3:00–3:40 pm
		2	3:50–4:30 pm
		3	4:40–5:20 pm
		4	5:30–6:10 pm
<b>Red</b>	Monday & Wednesday	1	3:00–3:50 pm
		2	4:00–4:50 pm
		3	5:00–5:50 pm
	Friday	wave 1 plus ½ of wave 2	3:00–3:50 pm
		½ of wave 2 plus wave 3	4:00–4:50 pm
<b>White</b>	Tuesday & Thursday		6:00–6:50 pm
	Friday		5:00–5:50 pm
<b>Blue</b>	Monday & Wednesday		6:10–7:10 pm
	Friday		6:00–7:00 pm
	Sunday/Saturday		9:50–10:50 am
	*schedule will alternate each weekend; first weekend on Sunday, the following weekend practice will be on Saturday, continuing to alternate. Start & finish times remain the same.		
<b>Sr. Silver</b>	Tuesday & Thursday	1	6:20–7:10 pm
		2	7:20–8:10 pm
	Sunday	1	10:30–11:20 am
		2	11:30–12:20 pm
<b>Sr. Gold</b>	Monday & Wednesday	1	6:00–6:50 pm
		2	7:00–7:50 pm
	Friday	1	6:20–7:10 pm
		2	7:20–8:10 pm

GREAT FUTURES START [HERE.](#)



Please arrive a minimum of 10-minutes before the posted practice time to accommodate social distancing efforts and health checks prior to entry.



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Group	Day	Wave	Time
<b>Sr. Red</b>	Tuesday & Thursday	1 & 2	7:00–8:00 pm
	Saturday	1	10:30–11:30 am
		2	11:40–12:40 pm
<b>Sr. White</b>	Monday & Wednesday		7:20–8:20 pm
	Friday		7:10–8:10 pm
	Saturday/Sunday		9:50–10:50 am
*schedule will alternate each weekend; first weekend on Saturday, the following weekend practice will be on Sunday, continuing to alternate. Start & finish times remain the same.			
<b>Sr. Blue</b>	Tuesday & Thursday		4:40–5:50 pm
	Wednesday		5:10–6:20 am
	Friday		6:30–7:40 am
	Sunday		8:20–9:40 am
<b>Prep</b>	Monday & Wednesday		4:50–6:00 pm
	Wednesday		6:30–7:40 am
	Friday		5:10–6:20 am
	Sunday		6:50–8:10 am
<b>Champ</b>	Tuesday & Thursday	Swim 3:00–4:30 Dryland 4:30–5:30	3:00–5:30 pm
	Monday		5:10–6:20 am
	Tuesday & Thursday		6:30–7:40 am
	Saturday –start time will alternate with National. The first weekend is at 8:10am, next weekend is 6:20...		8:10–9:40 am & 6:20–7:50 am
<b>National</b>	Monday & Wednesday	Swim 3:00–4:40 Dryland 4:40–5:40	3:00–5:40 pm
	Monday		6:30–7:40 am
	Tuesday & Thursday		5:10–6:20 am
	Saturday –start time will alternate with Champ. The first weekend is at 6:20am, next weekend is 8:00...		6:20–8:00 am & 8:00–9:40 am
<b>College Swimmers &amp; HS Grads</b>	Monday, Tuesday, Thursday		1:40–2:50 pm
	Wednesday & Friday		7:50–9:00 am

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