



RSD Phase 2.5 v2 Practice Schedule

effective May 3 through June 13, 2021

Group	Day	Wave	Time
Corvina	Saturday & Sunday	1	10:20–11:00 am
		2	11:05–11:45 am
		3	11:50–12:30 pm
Zebra Sharks	Saturday & Sunday	1	10:50–11:30 am
		2	11:35–12:15 pm
		3	12:20–1:00 pm
Leopard Shark	Tuesday, Thursday, Friday	1	3:15–4:00 pm
		2	4:05–4:50 pm
Red	Monday, Wednesday, Friday	1	3:15–4:05 pm
		2	4:10–5:00 pm
White	Tuesday & Thursday		6:00–7:00 pm
	Friday		5:05–5:55 pm
Blue	Monday, Wednesday, Friday		6:00–7:00 pm
	Sunday/Saturday *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.		9:45–10:45 am
Sr. Silver	Tuesday & Thursday	1	4:55–5:45 pm
		2	5:50–6:40 pm
	Sunday	1	8:30–9:20 am
		2	9:25–10:15 am
Sr. Gold	Monday & Wednesday	1	5:05–5:55 pm
		2	6:00–6:50 pm
	Friday	1	4:55–5:45 pm
		2	5:50–6:40 pm
Sr. Red	Tuesday & Thursday	1 & 2	7:05–8:15 pm
	Saturday	1	8:10–9:10 am
		2	9:15–10:15 am

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
Sr. White	Monday, Wednesday, Friday		7:05–8:15 pm
	Saturday/Sunday		9:45–10:45 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.		
Sr. Blue	Tuesday		4:45–5:55 pm
	Wednesday		5:15–6:25 am
	Thursday	Dryland 4:00–4:45 Swim 4:45–5:55	4:00–5:55 pm
	Friday		6:30–7:40 am
	Sunday		8:20–9:40 am
Prep	Monday	Dryland 4:00–4:45 Swim 4:45–5:55	4:00–5:55 pm
	Wednesday		6:30–7:40 am & 4:45–5:55 pm
	Friday		5:15–6:25 am
	Sunday		6:55–8:15 am
Champ	Tuesday & Thursday	Swim 3:00–4:40 Dryland 4:40–5:40	3:00–5:40 pm
	Monday		5:15–6:25 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 6:25...		8:10–9:40 am & 6:25–7:55 am
National	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		5:15–6:25 am
	Saturday –start time will alternate with Champ. The first weekend is at 6:25am, next weekend is 8:00...		6:25–8:05 am & 8:00–9:40 am
College Swimmers & HS Grads	Monday, Tuesday, Thursday		1:40–2:50 pm
	Wednesday & Friday		7:45–8:55 am

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