

TWST Practice Schedule for Weeks of 9/5 thru 9/30

Monday 9/5	Tuesday 9/6	Wednesday 9/7	Thursday 9/8	Friday 9/9	Sat/Sun
LABOR DAY - NO PRACTICES!	NAT: 10 lanes Natl Performance 4-5:45pm Performance Black 4-5:45pm Sr Challenge 5:45-7pm AG Foundation 5:45-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45pm Foundation Green 4-5 OR 5-6pm Foundation Black 5:45-7pm SAWMILL: Performance Green 3:30-6pm* Challenge Green 5:15-6:30pm Challenge Black 6:30-7:30pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-5:45pm Challenge Green *5:30-7pm Challenge Black *5-7:15pm AG Foundation 5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Sr Challenge *5-7pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-6:30*pm Challenge Green 5:45-7pm Challenge Black *5-7:15pm AG Foundation *5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45pm OR 5-5:45pm Foundation Green 4-5pm Foundation Black 5:45-7pm SAWMILL: Sr Challenge 5:30-7pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-5:45pm Challenge Green *5:30-7pm Challenge Black *5-7:15pm AG Foundation 5:30-7pm Sr Challenge *5-7pm FORESTGATE: Foundation White5:30-6:15pm Foundation Green 5:30-6:30pm Foundation Black 4:30-5:30pm	
Monday 9/12	Tuesday 9/13	Wednesday 9/14	Thursday 9/15	Friday 9/16	Sat/Sun
NAT: FULL BLACKOUT SAWMILL: National Performance 3:30-5pm Performance Black 5-6:30pm Senior Challenge *6-8pm FORESTGATE: Foundation White 4-4:45pm OR 6-6:45pm Foundation Green 4-5pm OR 6-7pm Foundation Black 4:45-6pm AG Foundation 7-8pm RIDGEWOOD: Performance Green 3:30-5:30*pm Challenge Green 5-6:15pm Challenge Black *5:45-7:30pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-5:45pm Challenge Green *5-7pm Challenge Black 5:45-7:15pm AG Foundation *5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45pm Foundation Green 4-5 OR 5-6pm Foundation Black 5:45-7pm SAWMILL: Sr Challenge 5:30-7pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-6:30*pm Challenge Green 5:45-7pm Challenge Black *5-7:15pm AG Foundation 5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Sr Challenge *5-7pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-5:45pm Challenge Green *5-7pm Challenge Black 5:45-7:15pm AG Foundation *5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45pm OR 5-5:45pm Foundation Green 4-5pm Foundation Black 5:45-7pm SAWMILL: Sr Challenge 5:30-7pm	NAT: FULL BLACKOUT SAWMILL: National Performance 3:30-5pm Performance Black 5-6:30pm Senior Challenge 6:30-8pm FORESTGATE: Foundation White5:30-6:15pm Foundation Green 5:30-6:30pm Foundation Black 4:30-5:30pm AG Foundation 7-8pm RIDGEWOOD: Performance Green 3:30-5:30*pm Challenge Green 5-6:15pm Challenge Black *5:45-7:30pm	SSAN Meet 9/17
Monday 9/19	Tuesday 9/20	Wednesday 9/21	Thursday 9/22	Friday 9/23	Sat/Sun
NAT: 10 lanes Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Sr Challenge 5:45-7pm AG Foundation 5:45-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Performance Green 3:30-6* Challenge Green 5:15-6:30pm Challenge Black *6-8pm	NAT: 5:15pm end Performance Black 4-5:15pm Performance Green 4-5:15pm FORESTGATE: Foundation White 4-4:45pm Foundation Green 4-5 OR 5-6pm Foundation Black 5:45-7pm SAWMILL: National Performance 3:30-5:30pm Sr Challenge 5:30-6:30pm AGF 6:30-7:15pm Gators 7:15-8:15pm RIDGEWOOD: Challenge Green 5-6:15pm Challenge Black*5:45-7:30pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-6:30*pm Challenge Green *5:20-7pm Challenge Black 5:45-7:15pm AG Foundation *5-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Sr Challenge 5:30-7pm	NAT: 5:15pm end Natl Performance 4-5:15pm Performance Black 4-5:15pm FORESTGATE: Foundation White 4-4:45pm OR 5-5:45pm Foundation Green 4-5pm Foundation Black 5:45-7pm SAWMILL: Performance Green 3:30-5:15pm Sr Challenge *4:45-6:15pm AGF 6:15-7:15pm Gators 7:15-8:15pm RIDGEWOOD: Challenge Green 5-6:15pm Challenge Black *5:45-7:30pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-6:30*pm Challenge Green*5:30-7pm Challenge Black 5:45-7:15pm AG Foundation 5:30-7pm Sr Challenge*5-7pm FORESTGATE: Foundation White5:30-6:15pm Foundation Green 5:30-6:30pm Foundation Black 4:30-5:30pm	TBA
Monday 9/26	Tuesday 9/27	Wednesday 9/28	Thursday 9/29	Friday 9/30	Sat/Sun
NAT: 10 lanes Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Sr Challenge 5:45-7pm AG Foundation 5:45-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Performance Green 3:30-6*pm Challenge Green 5:15-6:30pm Challenge Black *6-7:30pm	NAT: 5:15pm end Natl Performance 4-5:15pm Performance Green 4-5:15pm FORESTGATE: Foundation White 4-4:45pm Foundation Green 4-5 OR 5-6pm Foundation Black 5:45-7pm SAWMILL: Performance Black 3:30-5:30pm Sr Challenge 5:30-6:30pm AGF 6:30-7:15pm Gators 7:15-8:15pm RIDGEWOOD: Challenge Green 5-6:15pm Challenge Black*5:45-7:30pm	NAT: Performance Black *3:20-5:45pm Performance Green *3:20-5:45pm Challenge Green *5:15-7pm Sr Challenge *5-7pm AG Foundation 5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45 OR 6-6:45pm Foundation Green 4-5 OR 6-7pm Foundation Black 4:45-6pm SAWMILL: Natl Performance 4-6pm Challenge Black 6-7:30pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-5:45pm Challenge Green 5:45-7pm Challenge Black *5:15-7:15pm AG Foundation *5:30-7pm Gators 7:15-8:15pm FORESTGATE: Foundation White 4-4:45pm OR 5-5:45pm Foundation Green 4-5pm Foundation Black 5:45-7pm SAWMILL: Sr Challenge 5:30-7pm	NAT: Natl Performance *3:20-5:45pm Performance Black *3:20-5:45pm Performance Green 4-6*pm Challenge Green 5:45-7pm Challenge Black *5-7:15pm AG Foundation *5:30-7pm Sr Challenge *5-7pm FORESTGATE: Foundation White5:30-6:15pm Foundation Green 5:30-6:30pm Foundation Black 4:30-5:30pm	TBA

DRY LANDS FOR GROUPS INCLUDED IN POOL TIME LISTED ABOVE

Schedules will be confirmed and updated as needed in weekly group emails.