

Select Team Practice Schedule Beginning Monday, August 30

Age Group Select							
Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juanita JAC	6:30pm Start 8:45pm Finish						8:15am Start 10:30am Finish
Redmond RAC			6:30pm Start 8:45pm Finish			8:00am Start 10:15am Finish	
Strattonwood SW				5:00pm Start 7:15pm Finish			

SR Prep							
Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juanita JAC	5:30pm Start 8:15pm Finish					6:00am Start 9:00am Finish	
Redmond RAC		5:15pm Start 8:00pm Finish					6:00am Start 9:00am Finish
Strattonwood SW			5:45pm Start 8:30pm Finish		4:00pm Start 6:45pm Finish		

Senior 1							
Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juanita JAC				4:30pm Start 7:30pm Finish			6:00am Start 9:00am Finish
Redmond RAC	4:15pm Start 7:15pm Finish				4:15pm Start 7:15pm Finish		
Strattonwood SW			3:45pm Start 6:45pm Finish			7:00am Start 10:00am Finish	

Senior Epic							
Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Juanita JAC					4:30pm Start 7:30pm Finish		6:00am Start 9:00am Finish
Redmond RAC			4:15pm Start 7:15pm Finish			6:00am Start 9:00am Finish	
Strattonwood SW		3:45pm Start 6:45pm Finish		3:45pm Start 6:45pm Finish			