



## 2024 Spring Practice Schedule

### ROOKIE HAWGS

Monday 4:30-5:30 PM  
Thursday 4:30-5:30 PM  
Saturday 10:30-11:30 AM

### HAWGS – RED

Tuesday 5:30-6:30 PM  
Thursday 5:30-6:30 PM  
Saturday 9:30-10:30 AM

### HAWGS – WHITE

Monday 5:00-6:30 PM\*  
Tuesday 6:00-7:30 PM (HPER)  
Wednesday 4:30-6:00 PM  
Saturday 8:30-10:00 AM\*

### BOSS HAWGS

Monday 6:00-8:00 PM\*  
Tuesday 6:00-7:30 PM (HPER)  
Wednesday 4:30-6:00 PM  
Thursday 4:30-6:00 PM  
Saturday 9:30-11:30 AM\*

### VARSITY HAWGS

Monday 4:30-6:30 PM  
Tuesday 6:30-8:00 PM\*  
Wednesday 5:00-7:00 PM (HPER)  
Thursday 6:30-8:00 PM\*  
Saturday 10:00-11:30 AM

### JUNIOR HAWGS

Monday 4:30-6:00 PM  
Tuesday 6:30-8:00 PM  
Wednesday 4:30-6:30 PM\*  
Thursday 4:30-6:30 PM\*  
Friday 4:30-6:30 PM  
Saturday 9:30-11:30 AM\*

### SENIOR HAWGS

Monday 5:30-7:00 AM  
6:00-8:00 PM  
Tuesday 4:30-6:30 PM  
Wednesday 5:30-7:00 AM  
6:00-8:00 PM  
Thursday 6:00-8:00 PM  
Friday 5:30-7:00 AM  
4:30-6:30 PM  
Saturday 7:00-10:00 AM\*

### MASTERS

Tuesday 5:30-6:30 AM  
Thursday 5:30-6:30 AM  
Saturday 7:00-8:00 AM

*Practices will be adjusted as needed and communicated in the Monday Message.*

*All other practices take place at the Jones Center unless noted otherwise.*

*Practices at the University of Arkansas HPER are noted within the schedule (HPER).*

*\*Dryland included in practice time. Swimmers must have athletic shoes (Not Crocs or Slides).*