

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 13	June 14	June 15	June 16	June 17	June 18	June 19
Senior Elite	8:30-9:00am dryland 9:00-10:30am swim	8:30-9:00am dryland 9:00-11:00am Swim	8:30-9:00am dryland 9-10:30am swim	8:30-9:00am dryland 9:00-11:00am Swim	JAG	JAG	JAG
Senior	7:30-9:00am swim 9:00-9:30am dryland	7:00-7:30am dryland 7:30-9:00am swim	7:30-9:00am swim 9:00-9:30am dryland	7:00-7:30am dryland 7:30-9:00am swim	JAG	JAG	JAG
Senior Fit	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	JAG	JAG	JAG
Junior Elite	10:00-10:30am dryland 10:30-12:00pm swim	10:30-11:00am dryland 11:00-12:30pm swim	10:00-10:30am dryland 10:30-12:00pm swim	10:30-11:00am dryland 11:00-12:30pm swim	JAG	JAG	JAG
Junior Advanced	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	JAG	JAG	JAG
Junior	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	JAG	JAG	JAG
Senior Development	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	11:45-12:30pm swim	10:45-11:30am swim		
Junior Development	4:00-4:45pm swim		4:00-4:45pm swim		4:00-4:45pm swim	8:30-9:15am swim	
Pre Team	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks		
Senior Pre Comp	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm	5:30-6:00pm		

	Dolphins	Seals	Dolphins	Seals	Dolphins		
Junior Pre Comp	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales		

JAG - Junior Age Group Championship, swimmers that qualify must attend, prelims and finals sessions each day for swimmers 13 and up, timed finals for swimmers 12 and under GOOD LUCK TEAM FAC!