

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	June 20	June 21	June 22	June 23	June 24	June 25	June 26
Senior Elite	JAG	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	SSDL individually	8:30-10:30am swim SSDL individually	
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	7:30-9:00am swim 9:00-9:30am dryland	EC Meet A Max	EC Meet A Max
Senior Fit	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	9:00-10:15am swim	8:30-9:45am swim 9:45-10:15am dryland	EC Meet A Max	EC Meet A Max
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	SSDL Individually	8:30-10:30am swim SSDL individually	EC Meet A Max
Junior Advanced	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	EC Meet A Max	EC Meet A Max
Junior	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	10:15-11:45am swim	9:15-9:45am Dryland 9:45-10:45am swim	EC Meet A Max	EC Meet A Max
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	EC Meet A Max	EC Meet A Max
Junior Development	4:00-4:45pm		4:00-4:45pm		4:00-4:45pm	EC Meet A Max	EC Meet A Max

	swim		swim		swim		
Pre Team	6:00-6:30pm Sharks	6:00-6:30pm Starfish	6:00-6:30pm Sharks	6:00-6:30pm Starfish	Candy Meet		
Senior Pre Comp	5:30-6:00pm Dolphins	5:30-6:00pm Seals	5:30-6:00pm Dolphins	5:30-6:00pm Seals	Candy Meet		
Junior Pre Comp	5:00-5:30pm Whales	5:00-5:30pm Otters	5:00-5:30pm Whales	5:00-5:30pm Otters	Candy Meet		

Friday June 24 - Candy meet for all pre comp and pre team swimmers, more information will be sent out during the week

Saturday June 25 - Sunday June 26 - EC A max meet scy, more information will be sent out on Wednesday