

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|---|---|--|--|--|---------------------|-----------------------------------|
| | May 2 | May 3 | May 4 | May 5 | May 6 | May 7 | May 8 |
| Senior Elite | 4:45-5:25pm dryland 5:30-7:00pm swim | 4:45-5:25pm dryland 5:30-7:00pm swim | SSDL individually CIF | 4:45-5:25pm dryland 5:30-7:00pm swim CIF | 4:45-5:10pm dryland 5:15-7:00pm swim CIF | 9:00-10:30am CIF | Post CIF SCY MEET @FAC |
| Senior | 5:30-7:00pm swim | 5:00-5:40pm dryland 5:45-7:00pm swim | 5:45-7:00pm swim CIF | 5:00-6:30pm swim 6:35-7:00pm dryland CIF | 5:30-7:00pm swim CIF | CIF | Post CIF SCY MEET @FAC |
| Senior Fit | | 5:00-6:00pm swim 6:05-6:30pm dryland | 5:15-5:40pm dryland 5:45--7:00pm swim | 5:15-5:40pm dryland 5:45-7:00pm swim | | 7:30-9:00am | Post CIF SCY MEET @FAC |
| Junior Elite | 4:00-5:30pm swim 5:35-6:00pm dryland | 4:00-5:00pm swim 5:05-5:30pm dryland | SSDL Individually | 4:00-5:00pm swim 5:05-5:30pm dryland | 4:00-5:30pm swim 5:35-6:00pm dryland | 9:00-10:30am | |
| Junior Advanced | 4:00-5:30pm swim 5:35-5:45pm dryland | 4:45-5:45pm swim | 4:45-5:45pm swim | | 4:00-5:15pm swim 5:20-5:45pm dryland | 7:30-9:00am | |
| Junior | 4:45-5:30pm swim 5:35-6:00pm dryland | 4:00-5:00pm swim | 4:45-5:45pm swim 5:50-6:15pm dryland | 4:45-5:45pm swim | 4:45-5:30pm swim 5:35-6:00pm dryland | | |
| Senior Development | 4:00-4:45pm swim | | 4:00-4:45pm swim | 4:00-4:45pm swim | 4:00-4:45pm swim | | |
| Junior Development | 4:45-5:30pm swim | 4:00-4:45pm swim | 4:00-4:45pm swim | | 4:45-5:30pm swim | | |
| Pre Team | 6:30-7:00pm Sharks | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | 6:30-7:00pm Starfish | 6:30-7:00pm Sharks | | |
| Senior Pre Comp | 6:00-6:30pm Dolphins | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | 6:00-6:30pm Seals | 6:00-6:30pm Dolphins | | |
| Junior Pre Comp | 5:30-6:00pm Whales | 5:30-6:00pm Otters | 5:30-6:00pm Whales | 5:30-6:00pm Otters | 5:30-6:00pm Whales | | |