

|              | Monday      | Tuesday     | Wednesday   | Thursday    | Friday      | Saturday      | Sunday |
|--------------|-------------|-------------|-------------|-------------|-------------|---------------|--------|
|              | Oct 5       | Oct 6       | Oct 7       | Oct 8       | Oct 9       | Oct 10        | Oct 11 |
| Senior Elite | 3:45-5:15pm | 3:45-5:00pm |             | 3:45-5:00pm | 3:45-5:15pm | 8:30-10:30am  |        |
| Senior       | 5:15-6:15pm | 6:00-7:00pm |             | 6:00-7:00pm | 5:15-6:15pm |               |        |
| Pre Senior   |             | 5:00-6:00pm | 6:05-7:00pm | 5:00-6:00pm |             |               |        |
| Junior       | 3:45-4:45pm |             | 3:45-4:30pm |             | 3:45-4:45pm | 8:30-9:30am   |        |
| Gold         | 6:15-7:00pm |             | 5:00-6:00pm |             | 6:15-7:00pm | 10:30-11:30am |        |
| Silver       |             | 4:15-5:00pm | 4:15-5:00pm | 4:15-5:00pm |             | 10:30-11:30am |        |
| Bronze 11-12 |             | 3:45-4:15pm | 3:45-4:15pm | 3:45-4:15pm |             | 10:00-10:30am |        |
| Bronze 10U   | 4:45-5:15pm |             | 4:30-5:00pm |             | 4:45-5:15pm | 9:30-10:00am  |        |

SAFE SPORT - Please find time this week to complete the course. If you have issues logging in, reach out to your coach.

SAVE THE DATE - October 24, Time Trial Intrasquad Meet. All swimmers attending. Discuss with your coach if you are unable to attend.