

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------|-------------|-------------|--------------------------------|-------------|-------------|---------------|--------|
| | Sep 7 | Sep 8 | Sep 9 | Sep 10 | Sep 11 | Sep 12 | Sep 13 |
| Senior Elite | 3:45-5:05pm | 3:45-5:00pm | | 3:45-5:00pm | 3:45-5:05pm | 8:30-10:15am | |
| Senior | 5:15-6:05pm | 6:00-7:00pm | 7:00-8:00pm parents meeting | 6:00-7:00pm | 5:15-6:05pm | | |
| Pre Senior | | 5:10-5:50pm | 6:05-7:00pm | 5:10-5:50pm | | | |
| Junior** | 3:45-4:25pm | | 3:45-4:30pm | | 3:45-4:25pm | 8:30-9:30am | |
| Gold | 6:15-7:00pm | | 5:15-5:55pm | | 6:15-7:00pm | 10:30-11:20am | |
| Silver | | 4:25-5:00pm | 4:40-5:10pm | 4:25-5:00pm | | 10:30-11:30am | |
| Bronze 11-12 | | 3:45-4:15pm | 3:45-4:20pm | 3:45-4:15pm | | 9:40-10:15am | |
| Bronze 10U | 4:45-5:05pm | | 4:30-5:05pm | | 4:45-5:05pm | | |

PARENT MEETINGS (at least one parent must attend for swimmers 12 and younger, all swimmers 13 and older must attend with at least one parent):

Senior Elite Wednesday September 23, 6:30pm
Senior Wednesday September 9, 7:00pm
Pre Senior Monday September 21, 6:50pm
Junior Tuesday September 15, 6:00pm
Gold Tuesday September 29, 6:00pm
Silver Tuesday September 22, 6:20pm
Bronze 10-12 Monday September 21, 6:00pm
Bronze 9U Wednesday September 16, 7:00pm