

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	August 28	August 29	August 30	August 31	September 1	September 2	September 3
Senior Elite	4:30-4:50pm dryland/ meeting 5:00-7:00pm swim	4:30-5:20pm dryland 5:30-7:00pm swim	5:45-7:00am swim SSDL Individually	4:30-5:20pm dryland 5:30-7:00pm swim	4:30-4:50pm dryland 5:00-7:00pm	7:30-11:30am FAC Intrasquad Meet	
Senior	5:00-7:00pm swim	5:00-5:20pm dryland/ meeting 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-6:00pm swim 6:10-6:30pm dryland	5:00-7:00pm swim	7:30-11:30am FAC Intrasquad Meet	
Senior Fit		4:00-5:30pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	6:00-7:00pm swim		7:30-11:30am FAC Intrasquad Meet	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim		5:00-5:20pm dryland 5:30-7:00pm swim	5:00-5:20pm dryland 5:30-7:00pm swim	7:30-11:30am FAC Intrasquad Meet	
Junior + Advanced	4:00-5:30pm swim	4:00-4:20pm dryland/ meeting 4:30-5:30pm swim	4:00-5:30pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:30pm swim	7:30-11:30am FAC Intrasquad Meet	
Senior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim 5:10-5:30pm dryland	4:00-5:00pm swim	4:00-5:00pm swim 5:10-5:30pm dryland	7:30-11:30am FAC Intrasquad Meet	
Junior Development	4:00-5:00pm swim 5:10-5:30pm dryland		4:00-5:00pm swim		4:00-5:00pm swim 5:10-5:30pm dryland	7:30-11:30am FAC Intrasquad Meet	
Pre Team	PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm		PT 1 6:30-7:15pm PT 2 7:15-8:00pm	7:30-11:30am FAC Intrasquad Meet	
Senior Pre Comp	SrPC 1 6:00-6:30pm	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2	SrPC 2 6:00-6:30pm	SrPC 1 6:00-6:30pm SrPC 2	7:30-11:30am FAC Intrasquad Meet	

			6:00-6:30pm		6:00-6:30pm		
Junior Pre Comp	JrPC 1 5:30-6:00pm	JrPC 2 5:30-6:00pm	JrPC 1 5:30-6:00pm JrPC 2 5:30-6:00pm	JrPC 2 5:30-6:00pm	JrPC 1 5:30-6:00pm	7:30-11:30am FAC Intrasquad Meet	